Cookbook for

Created by HPS Menu Planner

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Pepperoni Pizza Slice

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10733
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WGRAIN SLC 96-4.67Z MAX	100 Each		437440

Preparation Instructions

Arrange slices on cookie sheet, lined with parchment paper. Bake at 425 degrees for 8-10 min.

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: 100.00

: 1.00		
Serving		
	260.00	
	9.00g	
at	3.00g	
	0.00g	
	15.00mg	
	720.00mg	
ites	32.00g	
	6.00g	
	4.00g	
	15.00g	
0.00IU	Vitamin C	0.00mg
250.00mg	Iron	2.10mg
	et 0.00IU	260.00 9.00g at 3.00g 0.00g 15.00mg 720.00mg tes 32.00g 6.00g 4.00g 15.00g 0.00IU Vitamin C

Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10734
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	500 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

Preparation Instructions

Arrange chicken pieces on a cookie sheet with parchment paper.

Bake at 400 degrees for 8-10 min.

Serving size 5 pieces.

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 Pe	r Recipe: 100	0.00	
Serving Size	e: 5.00 Each		
Amount Pe	r Serving		
Calories		240.00	
Fat		14.00g	
SaturatedFat 2.50g			
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		470.00mg	
Carbohydrates		16.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

Calzone (3 cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10735
School:			

Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 CALZONE 3CHS WGRAIN 60-4.69Z GILARDI
 100 Each
 658591

Preparation Instructions

Arrange calzones on a baking sheet with parchment paper. Bake at 400 degrees for 8-10 minutes.

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: 100.00 Serving Size: 1.00 **Amount Per Serving Calories** 250.00 Fat 5.00g **SaturatedFat** 2.00g **Trans Fat** 0.00g Cholesterol 10.00mg **Sodium** 430.00mg Carbohydrates 33.00g **Fiber** 4.00g Sugar 4.00g **Protein** 19.00g Vitamin A 0.00IU Vitamin C 0.00mg **Calcium** 410.00mg Iron 2.70mg

Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10739
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4- 5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	1000 Each		163020
SAUCE CHS NACHO DLX 6- 10 GCHC	100 Serving		323616

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Empty nacho cheese into a 1/2 pan, place in the steamer for 10 min to warm.

Arrange 8-10 chips in a paper food boat, add 3 oz taco meat and .5 oz nacho cheese.

#12 scoop for meat, #60 scoop for cheese.

Meal Components (SLE)

Amount Per Serving		
Meat	2.00	
Grain	2.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Serving Size: 1.00	
Amount Per Serving	
Calories	422.50
Fat	17.63g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	667.50mg
Carbohydrates	46.00g
Fiber	4.00g
Sugar	2.00g
Protein	23.75g

Vitamin C

Iron

0.00mg

3.50mg

Nutrition Facts

Vitamin A

Calcium

Servings Per Recipe: 100.00

0.00IU

79.00mg

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10740
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	

Preparation Instructions

Bake beef patties on a baking sheet with parchment paper. 6-8 minutes at 400 degrees until temp is 165. Hold in liquid of beef broth and onions.

Add beef patty to bun at service time, wrap or 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: 100.00 Serving Size: 1.00				
Amount Pe	r Serving			
Calories		280.00		
Fat		12.00g		
SaturatedFat		4.00g		
Trans Fat		0.50g		
Cholesterol		40.00mg		
Sodium		560.00mg	_	
Carbohydrates		28.00g	_	
Fiber		3.00g	_	
Sugar		3.00g	_	
Protein		18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	60.00mg	Iron	2.52mg	

Stuffed Crust Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10742
School:			

Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 PIZZA CHS WDG WGRAIN STFD 72CT MAX
 100 Each
 198952

Preparation Instructions

Arrange pizza slices on a cookie sheet lined with parchment paper. Bake at 400 degrees for 8-10 minutes.

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: 100.00

Serving Size: 1.00 **Amount Per Serving Calories** 280.00 Fat 9.00g **SaturatedFat** 3.00g **Trans Fat** 0.00g Cholesterol 15.00mg **Sodium** 490.00mg Carbohydrates 36.00g **Fiber** 3.00g Sugar 4.00g **Protein** 16.00g Vitamin A Vitamin C 0.00IU 0.00mg **Calcium** 410.00mg 2.90mg Iron

Baby Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10745
School:			

Ingredients

Prep Instructions Description DistPart # Measurement

CARROT BABY WHL 200-1.6Z RSS 100 Serving 786321

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00			
Amount Per	r Serving		
Calories	Calories		
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		43.75mg	
Carbohydrates		5.00g	
Fiber	Fiber		
Sugar		2.50g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

Hash Brown Stars

Servings:	100.00	Category:	Vegetable
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10746
School:			

Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 HASHBROWN STARZ .36Z 6-5 LAMB
 100 Serving
 233101

Preparation Instructions

Arrange hash browns on parchment lined cookie sheet. Bake 8-10 minutes or until temperature reaches 165*. Serve 7 each.

Meat 0.00 Grain 0.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.50	Meal Components (SLE) Amount Per Serving		
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meat	0.00	
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Grain	0.00	
RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Fruit	0.00	
OtherVeg 0.00 Legumes 0.00	GreenVeg	0.00	
Legumes 0.00	RedVeg	0.00	
	OtherVeg	0.00	
Starch 0.50	Legumes	0.00	
	Starch	0.50	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 7.00 Each			
Amount Per	r Serving		
Calories		148.81	
Fat 7.94g			_
SaturatedFat 0.99g			_
Trans Fat 0.00g			
Cholesterol 0.00mg			_
Sodium 277.78mg			
Carbohydra	Carbohydrates 16.87g		
Fiber		1.98g	
Sugar 0.00g			
Protein 1.98g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.60mg

Pretzel Bites w/ Cheese

Servings:	100.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10747
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT NUGGET WGRAIN 3305Z J&J	100 Serving		500171
SAUCE CHS NACHO 6-10 PANCHV	100 Fluid Ounce		287229

Preparation Instructions

Meal Components (SLF)

Arrange Pretzel Bites on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temp reaches 165*. Portion 1 oz of nacho cheese in to cups. Serve 5 pretzel bites, and 1 oz cheese.

#30 scoop cheese.

Wear Components (CLL)		
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 Servings Pe Serving Size	r Recipe: 100	0.00	
Amount Pe	r Serving		
Calories		185.00	
Fat		2.50g	
SaturatedF	at	0.25g	_
Trans Fat		0.00g	
Cholestero	Cholesterol		_
Sodium		345.00mg	_
Carbohydra	ates	38.50g	_
Fiber		5.00g	
Sugar		1.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Steamed Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10748
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS IQF 30 GCHC 100 Serving 285590

Preparation Instructions

Maal Components (SLF)

Pour frozen broccoli into a slotted pan, place slotted pan in a full pan, cover and place in steamer for 30 min. Portion into 1 cup servings.

#4 scoop.

wear components (SLE)	
Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 100	0.00	
Amount Per	r Serving		
Calories		33.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	_
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydra	ites	6.67g	
Fiber		4.00g	_
Sugar		1.33g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	1.33mg

Macaroni and Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10749
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	100 Serving		119122

Preparation Instructions

Place bags in boiling water for 30 min. Confirm temperature at 165 degrees. Pour contents into a full pan. Serve with #8 scoop.

Amount Per Serving	nts (SLE)
Meat	1.49
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 100	.00	
Amount Pe	r Serving		
Calories		216.42	
Fat		8.21g	
SaturatedFat		4.48g	
Trans Fat		0.00g	
Cholestero	I	22.39mg	
Sodium		731.34mg	_
Carbohydra	ates	23.13g	_
Fiber		1.49g	_
Sugar		4.48g	_
Protein		12.69g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	312.69mg	Iron	0.75mg

Boneless Wings

Servings:	100.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10751
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	100 Serving	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. 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

Evenly spread 1 bag of boneless wings onto a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 minutes, confirm temp of 165 degrees.

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: 100.00

0.00

)0g
)0g
)0g
.00mg
0.00mg
.00g
)0g
)0g
.00g
tamin C 0.00mg
n 1.00mg
) (

Mozzarella Dippers w/ Marinara

Servings:	100.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10752
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192- 1.93	100 Serving		148067
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	677721

Preparation Instructions

Break into 2 stick serving sizes. Arrange on cookie sheet lined with parchment paper. Bake at 400 degrees for 8-10 minutes. Confirm temp of 165 degrees. Serve with one Marinara dip cup.

Meal Comp	onents ((SLE)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving

Sugar

Servings Per Recipe: 100.00 Serving Size: 2.00

Calories 340.00 Fat 12.00g SaturatedFat 4.00g **Trans Fat** 0.00g Cholesterol 20.00mg **Sodium** 660.00mg **Carbohydrates** 40.00g **Fiber** 4.00g

Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	380.00mg	Iron	0.00mg

6.00g

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Serving		304913
Hot Dog Bun (Alpha Baking)	100 Each		

Preparation Instructions

No Preparation Instructions available.

Meal	Components ((SLE)
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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: 100.00

Serving Size: 1.00				
Amount Per Serving				
Calories		170.00		
Fat		16.00g		
SaturatedFa	at	5.00g		
Trans Fat		0.00g		
Cholestero		45.00mg		
Sodium		580.00mg		
Carbohydra	ates	1.00g		
Fiber		0.00g		
Sugar		1.00g		
Protein		6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	40.11mg	Iron	0.76mg	
Carbohydra Fiber Sugar Protein Vitamin A	0.00IU	1.00g 0.00g 1.00g 6.00g Vitamin C		

Cheeseburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, then place in a bun. Wrap or serve.

Meal Components (SLE) Amount Per Serving		
Meat	2.50	
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: 100.00 Serving Size: 1.00				
Amount Pe	r Serving			
Calories		175.00		
Fat		12.00g		
SaturatedF	at	5.25g		
Trans Fat		0.50g	_	
Cholestero	Cholesterol		47.50mg	
Sodium 500.00		500.00mg	_	
Carbohydrates 3.00g				
Fiber		1.00g		
Sugar		0.50g		
Protein		15.50g		
Vitamin A	30.00IU	Vitamin C	0.00mg	
Calcium	120.00mg	Iron	1.44mg	

Bacon Cheeseburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
BACON CKD SLCD 2- 150CT ARMR	100 Slice		563315

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, break one slice of bacon in half and place on the cheese, then place in a bun. Wrap in foil or serve.

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 Servings Pe Serving Size	r Recipe: 100).00	<u> </u>
Amount Pe	r Serving		_
Calories		201.67	
Fat		14.00g	
SaturatedF	at	6.08g	
Trans Fat		0.50g	
Cholestero		52.50mg	
Sodium		600.00mg	
Carbohydra	ates	3.33g	
Fiber		1.00g	
Sugar		0.83g	
Protein		17.17g	
Vitamin A	30.00IU	Vitamin C	0.00mg

Calcium 120.78mg Iron 1.52mg

Tacos (hard shell)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4- 5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
SHELL TACO CORN 5.125 WGRAIN 8-48CT	200 Each		197191

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Arrange 2 taco shells in a paper food boat, add 3 oz taco meat.

Heaping #12 scoop of meat.

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: 100.00

-	. 1 00	J.00		
Serving Size	Serving Size: 1.00			
Amount Pe	r Serving			
Calories		258.33		
Fat		11.83g		
SaturatedFa	at	2.92g		
Trans Fat		0.00g		
Cholestero		97.50mg		
Sodium		375.00mg		
Carbohydra	ates	17.17g		
Fiber		1.33g		
Sugar		1.50g		
Protein		20.83g	_	
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	13.33mg	Iron	1.50mg	

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	100 Each		786360

Preparation Instructions

Arrange sandwiches on a cookie sheet, leave in the oven safe bags. Bake at 400 degrees for 6-8 minutes.

Meal Componer Amount Per Serving	nts (SLE)
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: 100.00 Serving Size: 0.00				
Amount Pe	r Serving			
Calories		280.30		
Fat		9.90g		
SaturatedFat 5.60g			_	
Trans Fat 0.00g			_	
Cholesterol		32.00mg	_	
Sodium 580.80mg			_	
Carbohydrates 31.00g			_	
Fiber		3.00g	_	
Sugar		6.00g	_	
Protein 18.50g				
Vitamin A	523.96IU	Vitamin C	0.00mg	
Calcium	465.89mg	Iron	1.64mg	

Cheese Omelet

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	100 Each		240080

Preparation Instructions

Arrange omelets on cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Meal Componer Amount Per Serving	nts (SLE)
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: 100.00 Serving Size: 1.00				
Amount Per Serving				
Calories	120.00			
Fat	10.00g			
SaturatedFat 3.50g				
Trans Fat	0.00g	_		
Cholesterol	165.00mg			
Sodium	300.00mg	_		
Carbohydrates	1.00g			
Fiber	0.00g			
Sugar 0.00g				
Protein 7.00g				
Vitamin A 0.00IU	Vitamin C	0.00mg		
Calcium 83.00mg	Iron	1.00mg		

Dominos Smart Slice (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10770

Ingredients

Description Prep Instructions DistPart # Measurement

Dominos Cheese Pizza 100 Slice

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
A mount	Dor Convina	

Amount Per Serving	
Meat	2.02
Grain	2.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00			
Amount Pe	r Serving		
Calories		303.24	
Fat		14.15g	
SaturatedF	at	8.09g	
Trans Fat		0.00g	
Cholestero	l	45.49mg	
Sodium		3.03mg	
Carbohydra	ates	31.33g	
Fiber		4.04g	
Sugar		3.03g	
Protein		15.16g	
Vitamin A	15.16IU	Vitamin C	10.11mg
Calcium	35.38mg	Iron	10.11mg

Spaghetti with Meatballs

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 9605Z	500 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
PASTA ROTINI WGRAIN 2-10 COMM	100 Cup		869490
SAUCE SPAGHETTI 6-10 GCHC	25 Cup		144207

Preparation Instructions

Pour dry pasta into full size steam table pan. (6 lbs of noodles/pan) Fill 1/2 full of water. Steam for 17-20 min or until noodles are done. Drain water.

Arrange meatballs on parchment lined cookie sheets, bake at 375* for 8-10 min or until temperature reaches 165*.

Open cans, warm sauce in steam table pans or on stove.

Serve: 1 cup pasta, 5 Meatballs, .25 cup sauce #4 scoop pasta

#16 scoop sauce

Meal	Co	mp	onents	(SLE)
	_	_		

Amount Per Serving			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.25		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Serving Size. 1.00	
Amount Per Serving	
Calories	364.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	504.00mg
Carbohydrates	49.00g
Fiber	6.50g

Sugar		6.50g	
Protein		23.50g	
Vitamin A	100.00IU	Vitamin C	1.20mg
			-

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	100 Serving		298913

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

Meal Components (SLE) Amount Per Serving		
Meat	0.50	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.75	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.75 Cup				
Amount Pe	r Serving			
Calories		225.00		
Fat		0.75g		
SaturatedFa	at	0.00g		
Trans Fat	Trans Fat			
Cholesterol		0.00mg		
Sodium		645.00mg		
Carbohydra	ates	43.50g		
Fiber		7.50g		
Sugar	Sugar		13.50g	
Protein		12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	81.00mg	Iron	3.00mg	

Black Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	100 Serving		231981

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

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	0.75		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.75			
Amount Pe	r Serving		
Calories		165.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		195.00mg	
Carbohydra	ates	30.00g	
Fiber		7.50g	
Sugar		1.50g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.40mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 COMM	75 Cup		120540

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

#6 scoop.

mear Components (SLE)	
Amount Per Serving		
Mant	0.00	•

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.75
Starch	0.00

Nutrition Facts

Calcium

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup **Amount Per Serving Calories** 225.00 Fat 2.25g **SaturatedFat** 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 210.00mg Carbohydrates 37.50g **Fiber** 6.00g 1.50g Sugar **Protein** 9.00g Vitamin A 0.00IU **Vitamin C** 0.00mg

Iron

0.00mg

0.00mg

Chocolate Chip Cookie

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	100 Each		243371

Preparation Instructions

Arrange frozen cookie dough on a cookie sheet lined with parchment paper. Bake in convection oven at 375 degrees for 10-12 minutes. Let cool. Place cooled cookies in individual fry bags for service.

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	: 1.00		
Amount Pe	r Serving		
Calories		110.00	
Fat		3.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium 85.00mg			
Carbohydrates 18.00g			
Fiber 1.00g			
Sugar		8.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.90mg

Double Stuffed Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11041

Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PIZZA CHS 3X5 WGRAIN
STFD 96-3.74Z100 EachSpread pizzas evenly and bake on parchment lined
cookie sheet at 375 for 13-17 minutes. Confirm temp of
165 degrees.437400

Preparation Instructions

Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.

Meal Components (SLE) Amount Per Serving		
2.00		
2.00		
0.00		
0.00		
0.00		
0.00		
0.00		
0.00		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		240.00	
Fat		7.00g	_
SaturatedF	at	4.00g	_
Trans Fat 0.00g		_	
Cholesterol		25.00mg	
Sodium 470.00mg		_	
Carbohydra	Carbohydrates 30.00g		
Fiber		4.00g	_
Sugar		3.00g	
Protein 15.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	2.10mg

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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 (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375 for 8-10 minutes. Confirm temperature of 165 degrees. Place 1 patty into each hamburger bun. Wrap in foil or serve.

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: 100.00 Serving Size: 1.00 Each **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

Curly Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	50 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

Arrange frozen curly fries on a parchment lined cookie sheet. Bake at 375 degrees for 12-14 minutes, rotating as necessary.

Meal	Components	(SLE)
Amoun	t Per Serving	

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	0.94
	•

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup		
Amount Per Serving		
	207.55	
	10.38g	
at	0.94g	
	0.00g	
Cholesterol		
Sodium		
Carbohydrates		
	0.00g	
	0.00g	
	1.89g	
188.68IU	Vitamin C	6.79mg
0.00mg	Iron	0.00mg
	at 188.68IU	207.55 10.38g at 0.94g 0.00g 0.00mg 471.70mg ates 26.42g 0.00g 0.00g 1.89g 188.68IU Vitamin C

Pears

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GCHC	50 Cup		262706

Preparation Instructions

Drain pears in a colander, scoop 1/2 cup into individual portion cups. Lids if necessary. #8 scoop.

Meal	Cc	m	pon	ents	(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: 100.00 Serving Size: 0.50 Cup			
Amount Per	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat	Trans Fat		
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydra	ites	17.00g	
Fiber		1.00g	
Sugar	Sugar		
Protein (0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11818

Ingredients

Description Measurement Prep Instructions DistPart #

CELERY 24CT 65 AVG P/L 1/2 Cup 840980

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	
·	<u> </u>	

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size	: 0.50 Cup		
Amount Per	Serving		
Calories		0.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol	Cholesterol		
Sodium	Sodium		
Carbohydra	tes	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

Strawberry Cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11915

Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 96-4.5Z COMM 100 Each 655010

Preparation Instructions

Thaw in refrigerator night before service.

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts				
Servings Per Recipe: 100.00				
Serving Size:	1.00 Each			
Amount Per	Serving			
Calories		90.00		
Fat		0.00g		
SaturatedFa	t	0.00g		
Trans Fat		0.00g		
Cholesterol	Cholesterol			
Sodium	Sodium		0.00mg	
Carbohydrat	es	22.00g		
Fiber		2.00g		
Sugar		18.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

Pudding Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11916

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC 48-3.75Z KOZY SHACK	100 Each		650942

Preparation Instructions

Thaw in refrigerator night before service.

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: 100.00			
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		120.00	
Fat		2.00g	
SaturatedF	at	1.00g	
Trans Fat	Trans Fat 0.00g		
Cholestero	Cholesterol 5.00mg		
Sodium 130.00mg			
Carbohydra	Carbohydrates 22.00g		
Fiber		1.00g	
Sugar		18.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	0.00mg

Cheese Pizza Slice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLC 96-4.67Z MAX	100 Each		437430

Preparation Instructions

BAKE ON PARCHMENT LINED PAN 12 TO 16 MINUTES AT 375 DEGREES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165*F.

Meal Compone Amount Per Serving	nts (SLE)
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: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		260.00	
Fat		8.00g	
SaturatedF	at	3.00g	
Trans Fat 0.00g			
Cholestero	Cholesterol		_
Sodium 660.00mg		_	
Carbohydra	ates	32.00g	_
Fiber		6.00g	
Sugar		4.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.60mg

General Tso's Rice Box

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 45GAL ASIAN	100 Tablespoon		802850
CHIX STRP FAJT SEAS FC 8-4.99 TYS	300 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

COOK CHICKEN AS DIRECTED. ADD GENERAL TSO SAUCE TO CHICKEN, COAT EVENLY. COOK RICE AS DIRECTED. SCOOP 1 CUP COOKED RICE INTO CARRY OUT CONTAINER, ADD 3 OZ OF SAUCE COATED CHICKEN. SERVE.

#4 scoop rice

Heaping #12 scoop chicken/sauce.

Meal Components (SLE) Amount Per Serving				
Meat	2.00			
Grain	4.00			
Fruit	ruit 0.00			
GreenVeg 0.00				
RedVeg 0.00				
OtherVeg 0.00				
Legumes 0.00				

Starch 0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		845.00	
Fat		13.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		80.00mg	
Sodium		500.00mg	
Carbohydra	ites	154.00g	
Fiber		4.00g	
Sugar		7.00g	
Protein		32.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	4.00mg

Fortune Cookie

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	100 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving			
Meat	0.00		
Grain	0.17		
Fruit	0.00		
GreenVeg	0.00		
RedVeg 0.00			
OtherVeg 0.00			
Legumes 0.00			
Starch	0.00		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each					
Amount Per	r Serving				
Calories		70.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg	0.00mg		
Sodium		0.00mg			
Carbohydra	ites	16.00g			
Fiber		0.00g			
Sugar 10.00g					
Protein 1.00g					
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

Preparation Instructions

ARRANGE CORN DOGS ON PARCHMENT LINED COOKIE SHEETS. BAKE FOR 12-14 MINUTES AT 375* OR UNTIL INTERNAL TEMPERATURE REACHES 165*.

Meat 2.00 Grain 2.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.00	Meal Components (SLE) Amount Per Serving		
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meat	2.00	
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Grain	2.00	
RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Fruit	0.00	
OtherVeg 0.00 Legumes 0.00	GreenVeg	0.00	
Legumes 0.00	RedVeg	0.00	
- 	OtherVeg	0.00	
Starch 0.00	Legumes	0.00	
2 1 2 2	Starch	0.00	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		240.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	1	40.00mg	
Sodium		470.00mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein 9.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

Tator Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	50 Cup		563840

Preparation Instructions

Arrange tator tots on a parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until golden brown or until temperature reaches 165*.

#8 scoop or gloved hand.

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	0.79	

Amount Per Serving Calories 142.86 Fat 5.56g SaturatedFat 0.00g Trans Fat 0.00g Cholesterol 0.00mg Sodium 269.84mg
Fat 5.56g SaturatedFat 0.00g Trans Fat 0.00g Cholesterol 0.00mg Sodium 269.84mg
SaturatedFat 0.00g Trans Fat 0.00g Cholesterol 0.00mg Sodium 269.84mg
Trans Fat 0.00g Cholesterol 0.00mg Sodium 269.84mg
Cholesterol 0.00mg Sodium 269.84mg
Sodium 269.84mg
-
Carbohydrates 22 22g
Carbohydrates 22.22g
Fiber 3.17g
Sugar 0.00g
Protein 1.59g
Vitamin A 0.00IU Vitamin C 0.00mg
Calcium 0.00mg Iron 0.57mg

Chicken Sticks

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	800 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.	283562

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*

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: 100.00 Serving Size: 8.00 Each				
Amount Pe	r Serving			
Calories		260.00		
Fat		15.00g		
SaturatedF	at	2.50g		
Trans Fat		0.00g		
Cholesterol		25.00mg	25.00mg	
Sodium		340.00mg		
Carbohydra	ates	16.00g		
Fiber		3.00g		
Sugar		1.00g		
Protein		15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	2.00mg	Iron	10.00mg	

Mandarin Oranges

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mandarin Oranges	50 Cup		3802

Preparation Instructions

Wash/wipe can. Open can and drain with strainer. Portion oranges into 1/2 cup servings, in portion cups. #8 scoop.

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: 100.00 Serving Size: 0.50 Cup			
Amount Per	Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	_
Sodium		15.00mg	
Carbohydrates		19.00g	_
Fiber		1.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

Personal Pan Pizza (Pepperoni)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	100 Each		110480

Preparation Instructions

Arrange pizzas on parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until temperature reaches 165*

Meal Components (SLE) Amount Per Serving		
2.00		
2.00		
0.00		
0.00		
0.13		
0.00		
0.00		
0.00		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each			
Amount Per S	erving		
Calories		300.00	
Fat		9.00g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		530.00mg	
Carbohydrate	S	39.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		17.00g	
Vitamin A 0.	.00IU	Vitamin C	0.00mg
Calcium 2	50.00mg	Iron	3.00mg

Personal Pan Pizza (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12034

Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX
 100 Each
 110470

Preparation Instructions

Arrange pizza on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*.

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: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		310.00	
Fat		10.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		470.00mg	
Carbohydra	ates	40.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	290.00mg	Iron	2.90mg

Banana

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12061

Ingredients

Description Measurement Prep Instructions DistPart #

BANANA 13-3# P/L 100 Each 644482

Preparation Instructions

Separate from bunch and serve.

Meal	Components ((SLE)
A	D 0	

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: 100.00 Serving Size: 1.00 Each

Serving Size	Serving Size. 1.00 Lacit			
Amount Pe	r Serving			
Calories		105.00		
Fat		0.40g		
SaturatedFa	at	0.10g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		1.20mg		
Carbohydra	ntes	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	

Pancakes w/ Chocolate Chips

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	200 Each		617650
CHOC CHIPS SMISWT MINI 4000/4-4	100 Ounce		283630

Preparation Instructions

Arrange pancakes on parchment lined cookie sheet. Bake 6-8 minutes at 375* or until 165*. Portion 1 oz of chocolate chips into cup. Serve 2 pancakes, 1 oz chocolate chips.
#30 scoop for chocolate chips.

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

Nutrition Facts					
Servings Per Recipe: 100.00					
Serving Size	: 2.00 Each				
Amount Per	r Serving				
Calories		222.33			
Fat		8.00g			
SaturatedFa	at	2.67g			
Trans Fat		0.00g			
Cholesterol		6.67mg			
Sodium		220.00mg			
Carbohydra	ites	37.33g			
Fiber		3.00g	3.00g		
Sugar		11.33g			
Protein		4.33g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	5.00mg	Iron	2.20mg		
	•				

Apple Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12068

Ingredients

Description Measurement Prep Instructions DistPart #

APPLE FRSH SLCD 100-2Z P/L 100 Package READY_TO_EAT 473171

Preparation Instructions

No Preparation Instructions available.

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: 100.00						
Serving Size: 1.00 Each						
Amount Pe	r Serving					
Calories		30.00				
Fat		0.00g				
SaturatedF	at	0.00g				
Trans Fat		0.00g				
Cholesterol		0.00mg				
Sodium		0.00mg				
Carbohydra	ates	7.00g				
Fiber		1.00g				
Sugar		6.00g				
Protein		0.00g				
Vitamin A	0.00IU	Vitamin C	20.00mg			
Calcium	20.00mg	Iron	0.00mg			

Sweet Potato Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	3.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	310 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660

Preparation Instructions

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON PARCHMENT LINED COOKIE SHEET. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal	Co	m	ponents	(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: 100.00 Serving Size: 3.10 Ounce **Amount Per Serving Calories** 155.00 Fat 6.20g **SaturatedFat** 1.03g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 196.33mg Carbohydrates 23.77g **Fiber** 1.03g Sugar 0.00g **Protein** 1.03g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 0.37mg 0.00mg Iron

String Cheese

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12096

Ingredients

Description Measurement Prep Instructions DistPart #

CHEESE STRING MOZZ IW 168-1Z LOL 100 Each 786580

Preparation Instructions

Store in refrigerator, serve.

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: 100.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		80.00		
Fat		6.00g		
SaturatedFat		4.00g		
Trans Fat		0.00g		
Cholesterol		20.00mg		
Sodium		200.00mg		
Carbohydra	Carbohydrates		2.00g	
Fiber		0.00g		
Sugar		1.00g	_	
Protein		6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	198.00mg	Iron	0.00mg	

Yogurt

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12097

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Store in refrigerator, ready to eat.

Meat Grain	1.00
	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: 100.00 Serving Size: 1.00 Each			
Amount Per S	Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		55.00mg	
Carbohydrates		14.00g	
Fiber		0.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A).00IU	Vitamin C	0.00mg
Calcium 1	100.00mg	Iron	0.00mg

SideKicks Slush Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12099

Ingredients

Description Prep Instructions Measurement DistPart #

READY_TO_EAT **SLUSHIE BL RASP/LEM 84CT**

100 Each Remove from freezer and let sit out a short **SIDEKICKS**

time before eating

794181

Preparation Instructions

Store in freezer, pull 1-2 hours prior to service. Ready to eat.

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: 100.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		90.00		
Fat		0.00g		
SaturatedFat		0.00g	0.00g	
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		30.00mg		
Carbohydr	ates	22.00g		
Fiber		0.00g	_	
Sugar		18.00g		
Protein		0.00g		
Vitamin A	1000.00IU	Vitamin C	60.00mg	
Calcium	80.00mg	Iron	0.00mg	

Pineapple

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	50 Cup		189952

Preparation Instructions

DRAIN PINEAPPLE IN A STRAINER. SCOOP INTO 1/2 C SERVINGS INTO PORTION CUPS. COVER OR SERVE.

#8 scoop.

Legumes

Starch

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	

0.00

0.00

Nutrition Servings Per Serving Size	Recipe: 10	0.00	
Amount Per	Serving		
Calories		59.70	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	_
Cholesterol		0.00mg	_
Sodium		0.00mg	_
Carbohydra	tes	14.93g	_
Fiber		0.75g	_
Sugar		12.69g	_
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.22mg	Iron	0.30mg

Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	50 Cup		610267

Preparation Instructions

DRAIN PEACHES IN A STRAINER, PORTION INTO 1/2 C SERVINGS. COVER OR SERVE. #8 scoop.

Meal	Components	(SLE)
A moun	t Dor Conving	

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 Servings Per Serving Size	r Recipe: 10	0.00	
Amount Per	r Serving		
Calories		50.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	12.00g	
Fiber		1.00g	_
Sugar		10.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

Applesauce

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12104

Ingredients

Description Measurement Prep Instructions DistPart #

APPLESAUCE UNSWT CUP 72-4Z GCHC 100 Each 122200

Preparation Instructions

Meal Components (SLF)

READY TO EAT. SERVE.

Mear Components (OLL)		
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: 100.00			
Serving Size:	: 0.50 Cup		
Amount Per	Serving		
Calories		45.00	
Fat		0.00g	
SaturatedFa	ıt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	13.00g	
Fiber		1.00g	
Sugar		11.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Pizza Hut Pizza (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	100 Each	UNSPECIFIED	1

Preparation Instructions

HOT HOLD AFTER DELIVERY FOR SERVICE. READY TO EAT.

Meal Component Amount Per Serving	S (SLE)
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: 100.00					
Serving Size	Serving Size: 1.00 Each				
Amount Per	Amount Per Serving				
Calories		280.00			
Fat		9.00g			
SaturatedFa	at	3.90g	_		
Trans Fat		0.00g	0.00g		
Cholesterol		20.00mg			
Sodium		530.00mg	530.00mg		
Carbohydra	Carbohydrates		30.00g		
Fiber		4.00g			
Sugar		2.00g			
Protein		21.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		
-					

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12114
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

Dinner Roll (Alpha Baking) 100 Each

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
	D 0 .	

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: 100.00 Serving Size: 1.00 Each

Serving Size: 1.00 Each					
Amount Per	Amount Per Serving				
Calories	Calories				
Fat		1.50g	1.50g		
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		190.00mg	190.00mg		
Carbohydrates		17.00g			
Fiber		1.00g			
Sugar		1.00g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES BAG 12-26Z SIMPL	77 Ounce		182303
CORN WHL KERNEL FCY GRADE 6-10 GCHC	25 Cup		118966
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 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

Preparation Instructions

Potatoes: MEASURE INTO A HALF SZ 6" DEEP STEAMTABLE PAN 1 GALLON HOT OR BOILING WATER. ADD ONE POUCH OF POTATOES ALL AT ONCE, USING SPOON OR WIRE WHIP TO DISTRIBUTE EVENLY AND WET ALL POTATOES. LET STAND ONE MINUTE, THEN MIX. PLACE ON STEAMTABLE AND SERVE. FOR A CREAMIER MASHED POTATO, ADD MORE HOT OR BOILING WATER.

Corn: Add 2 cans corn to steam pan, steam 8-10 minutes.

Chicken: Arrange chicken chunks on parchment lined cookie sheet. Bake at 375* for 6-8 min until 165*

Portion: #6 scoop potatoes (3/4 C), 12 pieces chicken, #16 scoop corn (1/4 C) into bowl.

Serve with Dinner Roll.

Meal Components (SLE) Amount Per Serving		
Meat	0.33	
Grain	0.17	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	1.00	

Nutrition Fact Servings Per Recipe: Serving Size: 1.00 Ea	100.00	
Amount Per Serving)	
Calories	208.33	
Fat	4.67g	
SaturatedFat	0.42g	
Trans Fat	0.00g	
Cholesterol	3.33mg	
Sodium	568.33mg	
Carbohydrates	35.33g	
Fiber	4.50g	
Sugar	5.17g	

Protein		6.33g	
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	25.50mg	Iron	1.09mg

Popcorn Chicken

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving		327120

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes, until 165*. Serve 12 ea.

Serve with dinner roll.

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: 100.00			
Serving Size	e: 12.00 Each		
Amount Pe	r Serving		
Calories		230.01	
Fat		13.00g	
SaturatedFa	SaturatedFat 2.50g		
Trans Fat	Trans Fat 0.00g		
Cholesterol 20.00mg			
Sodium 350.01mg			
Carbohydrates 14.00g			
Fiber	Fiber 3.00g		
Sugar	Sugar 1.00g		
Protein 14.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Thai Chicken w/ Rice (Sweet Chile)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	UNSPECIFIED Not currently available	570533
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWEET CHILI 12- 56Z GFS	200 Tablespoon		271862

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*.

Place 1 bag rice in steamer pan filled 1/4 with hot water. Place uncovered pan in steamer for 20 minutes. Strain if necessary.

Put #4 scoop (1C) rice into take out box. Add heaping #12 scoop of chicken (3oz). Top with 2 TBSP Thai chili sauce. Serve.

Meal Components (SL	E)
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Amount Per Serving		
Meat	2.61	
Grain	4.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

	301 Villig 3120. 1.00 Edon			
Amount Pe	r Serving			
Calories		860.43		
Fat		11.00g		
SaturatedFa	at	1.50g		
Trans Fat		0.00g		
Cholestero		55.00mg		
Sodium		275.00mg		
Carbohydra	ates	157.00g		
Fiber		4.00g		
Sugar		11.00g		
Protein		34.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg	
Calcium	27.00mg	Iron	5.00mg	
,				

Pulled Pork Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce		498702
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165^* or higher.

Put 2 bags of pork per 1/2 pan. Add 4oz of pork (#8 scoop) to 1 Alpha bun, serve.

Meal	Components	(SLE)
A moun	t Dor Convina	

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

Calcium

Servings Per Recipe: 100.00

Serving Size: 1.00 Each **Amount Per Serving Calories** 299.00 Fat 17.00g **SaturatedFat** 6.00g **Trans Fat** 0.00g Cholesterol 71.00mg **Sodium** 233.00mg Carbohydrates 17.00g **Fiber** 0.00g Sugar 16.00g **Protein** 18.00g Vitamin A **Vitamin C** 0.00IU 0.00mg

Iron

0.00mg

0.00mg

Cheese Ravioli w/ Red Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE MARINARA 6-10 GCHC	50 Cup		144215

Preparation Instructions

Place 2 bags frozen ravioli per deep pan, 1/2 full of water. Steam 10-12 minutes. Drain. Warm 2 cans of marinara per deep pan. Pour 1/2 C sauce on 7 each ravioli. Serve.

4.00
1.00
0.50
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Serving			
Amount Pe	r Serving		
Calories		210.00	_
Fat		6.00g	
SaturatedF	at	1.50g	_
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		690.00mg	
Carbohydra	ates	28.00g	
Fiber		3.00g	
Sugar		11.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.44mg

Cheese Filled Breadstick

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

Preparation Instructions

Arrange sticks on parchment lined cookie sheet. Bake at 375* for 10 min or until 165* Serve.

Meal Components (SLE)

Amount Per Serving

R4 1	0.50
Meat	0.50

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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

Bistro Box (Cereal)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	100 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POUC 4Z 6- 8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Meal Components (SLE)

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each		
Amount Per Serving		
Calories	448.67	
Fat	12.50g	
SaturatedFat	6.00g	
Trans Fat	0.00g	
Cholesterol	25.00mg	
Sodium	579.67mg	
Carbohydrates	71.00g	
Fiber	3.67g	
Sugar	34.00g	
Protein	13.17g	
Vitamin A 500.00IU	Vitamin C 35.00mg	

Calcium 636.67mg Iron 8.00mg

Bistro Box (Nachos)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12494

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	75 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
CHIP TORTL YEL RND WGRAIN 80- 1.5Z	100 Each		510876
GUACAMOLE CLSC 48-2Z WHOLLY GUAC	100 Each		558401
SAUCE CHS NACHO DLX 6-10 GCHC	100 Fluid Ounce	#30 scoop or 1 oz of cheese into portion cup with lid	323616
YOGURT STRAWB L/F POUC 4Z 6- 8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Amount Per Serving		
Meat	1.00	
Grain	3.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.75	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		631.00	
Fat		27.75g	
SaturatedF	at	5.50g	
Trans Fat	Trans Fat 0.00g		
Cholestero	Cholesterol 5.00mg		
Sodium	Sodium 944.00mg		
Carbohydra	ates	85.00g	
Fiber		8.00g	
Sugar 27.00g			
Protein		11.00g	
Vitamin A	500.00IU	Vitamin C	37.40mg

Calcium 368.00mg Iron 5.30mg

Fruit and Yogurt Parfait

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	25 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN FF 4-5# UPSTFM	100 Cup	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY IQF 30 COMM	13 Cup		150450
BLUEBERRY FREE-FLOW IQF 30 GCHC	13 Cup		119873

Preparation Instructions

Assemble parfaits with 1/2 C yogurt, .25 cup of blueberry/strawberry mixture, 1/2 C yogurt. Cover with lid. Fill top piece with 1/4 C granola.

Meal Components (SLE) Amount Per Serving	
Meat	0.00
Grain	0.58
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		293.80	
Fat		3.00g	
SaturatedF	at	0.33g	
Trans Fat 0.00g			
Cholesterol		6.67mg	_
Sodium		170.00mg	
Carbohydrates		58.91g	_
Fiber		2.17g	_
Sugar		40.57g	_
Protein		8.13g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	573.33mg	Iron	0.43mg

Bistro Box (Fruit and Yogurt Parfait)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72- 2Z	100 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
CRANBERRY DRIED 300-1.16Z COMM	100 Each		765981

Preparation Instructions

Assemble the box with 1 of each product. Add Yogurt Parfait from Recipe #12500 Serve.

Meal	Components	(SLE)
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Amount Per Serving	` ,
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 398.67 Fat 13.00g **SaturatedFat** 6.00g **Trans Fat** 0.00g Cholesterol 55.00mg **Sodium** 324.67mg Carbohydrates 64.00g **Fiber** 5.67g 42.00g Sugar **Protein** 10.17g Vitamin A 300.00IU **Vitamin C** 0.00mg Calcium 246.67mg Iron 1.50mg

Bistro Box (Protein Pack)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	100 Tablespoon	portion #30 scoop into portion cups.	108171
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
GRAPES RED LUNCH BUNCH 21AVG MRKN	50 Cup	Wash and portion into 1/2 C servings	280895
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each	Slice eggs in half	229431
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POUC 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal	Components ((SLE)
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Amount Per Serving	` ,
Meat	3.13
Grain	2.00
Fruit	0.25
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Convinger of Moorpo.			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	528.67		
Fat	18.25g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	117.50mg		
Sodium	677.17mg		
Carbohydrates	73.00g		
Fiber	4.67g		
Sugar	32.00g		

Protein		18.67g	
Vitamin A	800.00IU	Vitamin C	0.00mg
Calcium	582.67mg	Iron	6.70mg

Cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12688
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	50 Cup		610882

Preparation Instructions

Pour 1 bag cauliflower into straining half pan. Fill half pan with water, add strain pan, steam for 10-12 minutes until 165*.

Serve with #4 scoop, 1 cup.

s (SLE)
0.00
0.00
0.00
0.00
0.00
1.00
0.00
0.00

Nutrition Facts					
•	Servings Per Recipe: 100.00 Serving Size: 0.50 Cup				
Amount Pe	r Serving				
Calories		10.00			
Fat		0.00g			
SaturatedFat 0.00g					
Trans Fat 0.00g					
Cholesterol 0.00mg					
Sodium 10.00mg					
Carbohydrates 2.00g					
Fiber	Fiber 1.00g				
Sugar 1.00g					
Protein 1.00g					
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	1.00mg	Iron	0.00mg		

Fish Bites

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	800 Each		402655

Preparation Instructions

Arrange bites, evenly on a parchment lined pan. Bake at 375* for 8-10 minutes until 165*.

Meal Compone Amount Per Serving	nts (SLE)
Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 10	0.00	
Amount Per	r Serving		
Calories		210.00	
Fat		8.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		330.00mg	
Carbohydra	ites	22.00g	
Fiber		0.00g	_
Sugar		0.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12850
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

GCHC 50 Cup 118966

Preparation Instructions

Add 2 cans to 1/2 pan and steam for 6-8 minutes until 165*. Drain water, serve with #8 scoop, 1/2 C.

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	2.00	

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	: 0.50 Cup		
Amount Pe	r Serving		
Calories		160.00	
Fat		2.00g	
SaturatedFat 0.00g			
Trans Fat 0.00g		_	
Cholesterol		0.00mg	
Sodium		280.00mg	
Carbohydrates 34.00g			
Fiber		4.00g	_
Sugar		10.00g	_
Protein 4.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

Walking Taco (WG Doritos)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12851
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803
CHIX TACO FILLING CKD 4- 5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4- 5 LOL	50 Ounce		150250

Preparation Instructions

Meal Components (SLF)

Boil chicken taco meat in bags in the kettle until 165*. Open individual Doritos, top with 2oz chicken taco meat (#16 scoop) and .5 oz (#60 scoop) or appropriate pinch of cheese. Serve.

1.83
2.00
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		355.00	
Fat		16.50g	
SaturatedF	SaturatedFat 5.50g		
Trans Fat 0.0		0.00g	
Cholesterol 80.00mg		80.00mg	
Sodium		625.00mg	
Carbohydrates 31.50g			
Fiber		2.00g	
Sugar 2.00g			
Protein 19.50g			
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	149.50mg	Iron	1.40mg

Taco (Soft Shell)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12853
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
TORTILLA WRP 12 WHL WHEAT 6-12CT - Mission Foods - M	100 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill taco shell with 2 oz (#16 scoop) taco filling and .5 oz shredded cheese (pinch or #60 scoop). Wrap and serve.

Meal Components (SLE)		
Amount Per Serving		
Meat	1.83	
Grain	3.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each				
Amount Per	r Serving			
Calories		455.00		
Fat		16.50g		
SaturatedFa	SaturatedFat 7.00g			
Trans Fat	Trans Fat 0.00g			
Cholesterol	Cholesterol 80.00mg			
Sodium		965.00mg		
Carbohydra	ites	52.50g		
Fiber		6.00g		
Sugar	Sugar 1.00g			
Protein 25.50g				
Vitamin A	150.00IU	Vitamin C	0.00mg	

Calcium 329.50mg **Iron** 4.00mg

Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13282
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

Green Beans cnd 75 Cup 100307

Preparation Instructions

Pour 2 cans into deep pan. Steam for 10-12 minutes until 165*. Strain and serve. 3/4 C or heaping #6 scoop.

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.75	
Legumes	0.00	
Starch	0.00	

Nutrition Facts					
Servings Per Recipe: 100.00					
Serving Size	: 0.75 Cup				
Amount Per	r Serving				
Calories		24.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium 210.00mg					
Carbohydra	ites	4.50g			
Fiber		3.00g			
Sugar		1.50g			
Protein 1.50g					
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13283
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	300 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

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 3 each.

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		

Servings Per Recipe: 100.00 Serving Size: 3.00 Each					
Amount Pe	r Serving				
Calories		260.00			
Fat		15.00g			
SaturatedFa	at	2.50g			
Trans Fat		0.00g			
Cholesterol		25.00mg			
Sodium		390.00mg			
Carbohydra	ates	16.00g			
Fiber		3.00g			
Sugar		1.00g			
Protein		15.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	36.00mg	Iron	2.00mg		

Nutrition Facts

Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13285
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

BOIL

POTATO MASH SEAS R/SOD 6-4 MCC

650 Ounce

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK TURN BAGS OVER HALFWAY THROUGH COOKING WHEN

COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN

USING BOIL-IN-BAG METHOD.

Preparation Instructions

BOIL

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Serve. 3/4 cup or heaping #6 scoop.

Meal	Co	mp	oner	nts	(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	0.75		

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 0.75 Cup

Oct virig Cize	ociving oize. 0.75 oup				
Amount Per Serving					
Calories		164.37			
Fat		4.48g			
SaturatedFa	at	1.49g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		283.91mg			
Carbohydra	ates	26.90g			
Fiber		2.99g			
Sugar		0.00g			
Protein		2.99g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	29.89mg	Iron	1.08mg		

860560

Gravy

Servings:	100.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13288
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

GRAVY MIX TKY 12-15Z GCHC 200 Tablespoon 242440

Preparation Instructions

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F- 180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Serving size 1 oz (1 oz ladle)

Meal	Co	m	ponents	(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: 100.00 Serving Size: 2.00 Tablespoon **Amount Per Serving Calories** 50.00 Fat 1.00g **SaturatedFat** 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 760.00mg Carbohydrates 8.00g **Fiber** 0.00g Sugar 2.00g **Protein** 2.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 14.00mg Iron 0.00mg

Syrup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13290
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

SYRUP PANCK MAPL 4-1GAL KE 100 Fluid Ounce 107611

Preparation Instructions

1 serving = 1 fluid oz

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: 100.00 Serving Size: 1.00 Ounce

Serving Size	. 1.00 Ounc	,,,	
Amount Per	r Serving		
Calories		100.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		28.00mg	
Carbohydra	ites	26.00g	
Fiber		0.00g	
Sugar		9.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Rice Krispie Treat

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13291
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

TREAT RICE KRISPIE MINI 600-.39Z KELL 100 Each 859570

Preparation Instructions

n/a

Meal Com	ponents ((SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Serving Size: 1.00 Each				
Amount Per	Serving			
Calories		45.00		
Fat		1.00g		
SaturatedFa	nt	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		50.00mg		
Carbohydra	tes	8.00g		
Fiber		0.00g		
Sugar		4.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.30mg	
Carbohydra Fiber Sugar Protein Vitamin A	0.00IU	8.00g 0.00g 4.00g 1.00g Vitamin C		

Tossed Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13299
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD SEP BAGS 4-5 RSS	150 Cup		242071

Preparation Instructions

Mix salad ingredients. Offer 1.5 C servings with gloved hand.

Amount Per Serving			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.75		
Legumes	0.00		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.50 Cup			
Amount Per	r Serving		
Calories		17.29	_
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		17.29mg	
Carbohydra	ites	3.46g	
Fiber		1.73g	
Sugar		1.73g	
Protein		1.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.74mg	Iron	0.00mg

Mini Corn Dogs

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13302
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

CORN DOG CHIX MINI WGRAIN CN 2-5 600 Each 497360

Preparation Instructions

Arrange mini corn dogs on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 6 each.

Meal Components (SLE) Amount Per Serving		
Meat	4.50	
Grain	4.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts					
Servings Pe	r Recipe: 100	0.00			
Serving Size	e: 6.00 Each				
Amount Pe	r Serving				
Calories		270.00			
Fat		12.00g			
SaturatedFa	at	3.75g			
Trans Fat		0.00g	0.00g		
Cholesterol		45.00mg			
Sodium		480.00mg			
Carbohydra	ates	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		

Grapes

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13303
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	50 Cup		121893

Preparation Instructions

Wash grapes, arrange into .5 C servings in portion cups.

Meat 0.00 Grain 0.00 Fruit 0.50 GreenVeg 0.00 RedVeg 0.00
Fruit 0.50 GreenVeg 0.00
GreenVeg 0.00
RedVeg 0.00
1100109
OtherVeg 0.00
Legumes 0.00
Starch 0.00

Nutrition Facts					
Servings Per	r Recipe: 10	0.00			
Serving Size	: 0.50 Cup				
Amount Per Serving					
Calories		55.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg	0.00mg		
Sodium		0.00mg			
Carbohydra	ites	14.00g			
Fiber		0.50g			
Sugar		12.00g			
Protein	_	0.50g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	7.50mg	Iron	0.50mg		

French Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13305
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	75 Cup		174251

Preparation Instructions

Arrange french fries on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until crispy. Open oven at 6 minutes and turn fries. Serve 3/4 C.

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 0.75			

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.75 Cup			
Amount Per	Serving		
Calories		180.63	
Fat		6.02g	
SaturatedFa	at	0.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	_
Sodium		210.73mg	_
Carbohydra	ites	30.10g	
Fiber		3.01g	_
Sugar		0.00g	_
Protein		3.01g	
Vitamin A	0.00IU	Vitamin C	5.42mg
Calcium	0.00mg	Iron	0.54mg

Chocolate Chip French Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13308
School:			

Ingredients

Legumes

Starch

Description Measurement Prep Instructions DistPart #

FRENCH TST MINI CHOC CHIP IW 72-3.03Z 100 Package 498492

Preparation Instructions

Meal Components (SLE)

Leave in individual bags. Arrange French Toast, on parchment lined cookie sheets. Bake at 375* for 8-10 minutes until 165*. Serve 1 each.

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

0.00

0.00

Nutritio			
Servings Per Recipe: 100.00			
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		190.00	
Fat		6.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		260.00mg	
Carbohydra	ates	35.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

Juice Box- Dragon Punch

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13310
School:			

Ingredients

Prep Instructions Description Measurement DistPart #

READY_TO_EAT JUICE DRAGON PUNCH ECO

100 Each Thaw before serving. Any unused thawed portions 510571 70-4FLZ

can be refrigerated for upto 14 days

Preparation Instructions

Ready to eat. Thaw day before service.

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.50	
Legumes	0.00	
Starch	0.00	
	<u> </u>	

Nutrition	n Facts		
Servings Pe	r Recipe: 10	0.00	
Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		50.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		35.00mg	
Carbohydra	ites	13.00g	
Fiber		0.00g	
Sugar		12.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Jonny Pop (Strawberry/Banana)

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13462
School:			

Ingredients

Description Prep Instructions Measurement DistPart #

NOVELTY FZ POP STRAWB BAN 96-

100 Each 1.55FLZ

857571

Preparation Instructions

Ready to Eat. Keep frozen, serve.

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: 100.00 Serving Size: 1.00 Each			
Amount Per	r Serving		
Calories		50.00	
Fat		1.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		25.00mg	
Carbohydra	ites	10.00g	
Fiber		0.00g	
Sugar		10.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	20.00mg	Iron	0.00mg

Oreo Cookie Pack

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13463
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

COOKIE OREO PC PKG 120-2CT 100 Package 843237

Preparation Instructions

Ready to serve.

Meal Components	(SLE)
Amount Per Serving	

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: 100.00 Serving Size: 1.00 Each

Serving Size: 1.00 Each					
Amount Per	Amount Per Serving				
Calories		100.00			
Fat		4.50g			
SaturatedFa	at	1.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		85.00mg			
Carbohydra	tes	16.00g			
Fiber		0.00g			
Sugar		9.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	1.08mg		
		·			

Rainbow Goldfish Crackers

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13466
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

CRACKER GLDFSH WGRAIN COLOR 300100 Package 112702

Preparation Instructions

Ready to serve.

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: 100.00			
Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		100.00	
Fat		3.50g	
SaturatedFa	at	0.50g	
Trans Fat	Trans Fat 0.00g		
Cholesterol 0.00mg			
Sodium 170.00mg			
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg
-			

Steamed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13469
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

CARROT SMOOTH COIN CUT 2-5 RSS 100 Cup 313173

Preparation Instructions

Add 3 bags of carrots to a colander pan inside of a full pan. Steam for 8-10 minutes. Offer 1 C or #4 scoop.

Amount Per Serving	nts (SLE)
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: 100.00			
Serving Size	e: 1.00 Cup		
Amount Pe	r Serving		
Calories		11.11	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	_
Cholestero	ı	0.00mg	
Sodium		20.00mg	_
Carbohydra	ates	2.67g	
Fiber		0.89g	_
Sugar		1.33g	
Protein		0.22g	
Vitamin A	4755.56IU	Vitamin C	1.73mg
Calcium	9.33mg	Iron	0.08mg

Fresh Sugar Snap Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13471
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP STRINGLESS 10 P/L	100 Cup		778214

Preparation Instructions

Thoroughly wash peas, remove any noticeable stems. Offer 1 C or #4 scoop.

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: 100.00 Serving Size: 1.00 Cup **Amount Per Serving Calories** 26.00 Fat 0.00g **SaturatedFat** 0.00g **Trans Fat** 0.00g 0.00mg Cholesterol Sodium 3.00mg Carbohydrates 5.00g **Fiber** 2.00g Sugar 3.00g **Protein** 2.00g 37.80mg Vitamin A 700.00IU **Vitamin C Calcium** 30.00mg Iron 1.26mg

Tiny Tacos

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13474
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 4.5 PRSD 24-12CT	200 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and letstand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	558691
CHIX TACO FILLING CKD 4- 5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	50 Cup		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill 2 taco shells with 2 oz (#16 scoop) taco filling (1 oz in each) and .5 oz shredded cheese (pinch or #60 scoop). Fold and serve.

Meal Components (SLE)	
Amount Per Serving	
Meat	3.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts	S
Servings Per Recipe:	100.00
Serving Size: 2.00 Ea	ch
Amount Per Serving	
Calories	480.00
Fat	26.50g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	125.00mg
Sodium	950.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	1.00g

Protein		31.00g	
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	508.00mg	Iron	2.62mg

Rice

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14463

Ingredients

DescriptionMeasurementPrep InstructionsDistPart #RICE BRN PARBL WGRAIN 25 GCHC100 CupBOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.516371

Preparation Instructions

Steam water and rice for 12-15 min or until water is absorbed.

Meal Components (SLE) Amount Per Serving	
Meat	0.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 100	0.00	
Amount Pe	r Serving		
Calories		680.00	
Fat		6.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	_
Sodium		0.00mg	
Carbohydra	ates	144.00g	
Fiber		4.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	4.00mg

Turkey and Gravy

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST COOK IN BAG 2- 9.5AVG	19 Pound		581802
GRAVY MIX TKY 12-15Z GCHC	100 Fluid Ounce	BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F- 180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE Serving size 1 oz (1 oz ladle)	242440

Preparation Instructions

Bake 4 cases turkey roasts prior to turkey day. Bake turkey roasts for 5 hours. Cover Off. Cut into bite size pieces. Mix 1 gallon of turkey pieces with 3 quarts of gravy. Pour into a 6 ½ pan. Temp 165°

Gravy: Make in big kettle. Add 1 gallon of warm water per bag of gravy. Whip together when you have 8 bags in kettle. Continue until all of gravy mix & water are into kettle and mixed well. Cover-stir. Whip every 15 minutes until thick. Takes 1 to 1 ½ hours. Temp 165°

Serve 4oz or #8 scoop.

Serve with Mashed Potatoes.

Meal Components (SLE) Amount Per Serving	
2.50	
0.00	
0.00	
0.00	
0.00	
0.00	
0.00	

Starch 0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 4.00 Ounce

Amount Pe	r Serving		
Calories		164.00	
Fat		5.56g	
SaturatedFat		1.14g	
Trans Fat		0.00g	
Cholesterol		49.40mg	
Sodium		1124.80mg	
Carbohydrates		8.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		17.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.20mg	Iron	0.82mg

Mixed Berry Fruit Cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14648

Ingredients

Description Measurement Prep Instructions DistPart #

Mixed Berry Fruit Cup 100 Each Thaw in refrigerator 3-4 hours prior to service.

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: 100.00 Serving Size: 1.00 Each					
Amount Per Serving					
Calories		90.00	90.00		
Fat		0.00g			
SaturatedFat		0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydrates		20.00g			
Fiber		2.00g			
Sugar		16.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Sweet Potato Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	75 Cup		872570

Preparation Instructions

Arrange tots on parchment lined paper. Cook for 6-8 min at 375* or until 165*. Rotate tots halfway through cooking to ensure crispiness.

Meal Compone Amount Per Serving	ents (SLE)
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.90
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts					
Servings Per Recipe: 100.00					
Serving Size	e: 0.75 Cup				
Amount Pe	r Serving				
Calories		322.39			
Fat		7.16g			
SaturatedFat		0.00g			
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg	0.00mg		
Sodium 41		411.94mg			
Carbohydra	ates	60.90g			
Fiber		5.37g			
Sugar		28.66g			
Protein		1.79g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	41.19mg	Iron	0.72mg		

Breakfast Bagel Sandwich (Ham/Egg/Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350ŰF, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470
HAM BOILED DELI SLCD 10 6-2 GFS	100 Ounce		680621
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911

Preparation Instructions

Arrange omelets on parchment lined cookie sheets. Bake at 375* for 6-8 minutes or until 165*. Assemble sandwiches with 1 omelette, 1 (1oz) slice ham, and 1 bagel. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving	
Meat	2.75
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: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 275.00 Fat 9.75g **SaturatedFat** 3.25g **Trans Fat** 0.00g Cholesterol 175.00mg **Sodium** 590.00mg Carbohydrates 29.50g **Fiber** 4.00g Sugar 5.50g **Protein** 18.50g Vitamin A Vitamin C 0.00mg 0.00IU

Calcium 120.00mg Iron 2.34mg

Dragon Punch Juice Box

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14951

Ingredients

Description Measurement Prep Instructions DistPart #

JUICE DRAGON PUNCH ECO READY_TO_EAT

70-4FLZ 100 Each Thaw before serving. Any unused thawed portions 510571

can be refrigerated for upto 14 days

Preparation Instructions

Most Components (SLE)

No Preparation Instructions available.

Amount Per Serving	its (SEE)
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each					
Amount Per	Serving				
Calories		50.00			
Fat		0.00g			
SaturatedFat		0.00g	0.00g		
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg	0.00mg		
Sodium		35.00mg	35.00mg		
Carbohydra	tes	13.00g	13.00g		
Fiber		0.00g			
Sugar		12.00g	12.00g		
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Blueberries

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	50 Cup		764740

Preparation Instructions

Portion frozen strawberries into .5 cup servings (#8 scoop). Thaw and serve partially frozen.

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: 100.00				
Serving Size	: 0.50 Cup			
Amount Pe	r Serving			
Calories		40.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		2.00mg		
Carbohydra	ates	10.00g		
Fiber		3.00g		
Sugar		5.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

Orange Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	100 Each		322326

Preparation Instructions

Wash all oranges. Slice using metal orange slicer. Place 5 slices in each portion cup. Serve.

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	

Nutritio	n Facts			
Servings Per Recipe: 100.00				
Serving Size	e: 1.00 Each			
Amount Pe	r Serving			
Calories		36.65		
Fat		0.10g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		0.00mg		
Carbohydra	ates	9.00g		
Fiber		1.85g		
Sugar		7.50g		
Protein		0.75g		
Vitamin A	175.42IU	Vitamin C	41.48mg	
Calcium	31.19mg	Iron	0.08mg	
•				

Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 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
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375* for 8-10 min or until 165*. Place each patty inside a hamburger bun and foil wrap/hot hold for service.

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: 100.00 Serving Size: 1.00 Each

Serving Size	Serving Size: 1.00 Each				
Amount Pe	Amount Per Serving				
Calories		270.00			
Fat		15.00g			
SaturatedFa	at	3.00g			
Trans Fat		0.00g			
Cholestero		25.00mg			
Sodium		400.00mg			
Carbohydra	ites	17.00g			
Fiber		3.00g			
Sugar		1.00g			
Protein		15.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	40.00mg	Iron	2.00mg		

Chicken Sandwich Sliders

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	200 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
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheet. Bake at 325* for 6-8 min until temperature reaches 165*. Place 1 patty inside of sliced dinner roll. Serve 2 each.

Meal Components (SLE)

Amount Per Serving	
Meat	2.00
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: 100.00 Serving Size: 2.00 Each

Serving Size	: 2.00 Each		
Amount Pe	r Serving		
Calories		390.00	
Fat		12.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		810.00mg	
Carbohydra	ites	46.00g	
Fiber		5.00g	
Sugar		2.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

Apple

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15166

Ingredients

Description Measurement Prep Instructions DistPart #

Apples, Gala 100 Each READY_TO_EAT Rinse under cool water and let dry 310

Preparation Instructions

Wash thoroughly and serve.

Meal Components (SLE)		
Amount Per Serving		
Meat	0.00	

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: 100.00 Serving Size: 1.00 Each

	cerving cize. The zaen			
Amount Pe	r Serving			
Calories		98.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		2.00mg		
Carbohydra	ates	23.53g		
Fiber		4.00g		
Sugar		17.84g		
Protein		0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	12.00mg	Iron	0.21mg	

Brat on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15168

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD W/GRLMK 5/ 2-5 JHNSVL	100 Each		206210
Hot Dog Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange brats on a parchment lined baking pan. Bake at 375* for 8-10 min until 165*. Place 1 brat in each bun, wrap to hold for service or serve.

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: 100.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		320.00	
Fat		28.00g	
SaturatedFa	at	10.00g	
Trans Fat		0.00g	
Cholestero		55.00mg	
Sodium		1000.00mg	
Carbohydra	ites	5.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Papa Murphy's Cheese Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15292

Ingredients

Description Measurement Prep Instructions DistPart #

BAKE

Papa Murphy's Cheese

Papa Murphy's Cheese
100 Slice
Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Preparation Instructions

BAKE

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal	Components ((SLE)
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Amount Per Serving	
Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Slice

Serving Size: 1.00 Slice					
Amount Per	Amount Per Serving				
Calories		271.00			
Fat		8.80g			
SaturatedFa	at	4.60g			
Trans Fat		0.00g			
Cholesterol		26.00mg			
Sodium		433.00mg			
Carbohydra	ites	34.70g			
Fiber		4.10g			
Sugar		0.00g			
Protein		13.40g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

Papa Murphy's Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15293

Ingredients

Description Measurement Prep Instructions DistPart #

Papa Murphy's Pepperoni
Pizza

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE) Amount Per Serving		
Meat	1.15	
Grain	2.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.63	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	: 1.00 Slice		
Amount Pe	r Serving		
Calories		296.00	
Fat		11.30g	
SaturatedFa	at	5.30g	
Trans Fat		0.00g	
Cholesterol		30.60mg	
Sodium 539.00mg			
Carbohydra	ites	34.70g	
Fiber		0.00g	
Sugar		1.70g	
Protein		14.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Papa Murphy's Sausage Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15294

Ingredients

Description Measurement Prep Instructions DistPart #

Papa Murphy's Sausage
Pizza

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE) Amount Per Serving		
Meat	1.50	
Grain	2.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.63	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Slice			
Amount Per	Serving		
Calories		305.00	
Fat		11.10g	
SaturatedFa	at	5.10g	
Trans Fat		0.20g	
Cholesterol		35.70mg	
Sodium		598.00mg	
Carbohydra	ites	35.40g	_
Fiber		4.10g	
Sugar		1.90g	
Protein		16.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Lasagna Roll Up

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	100 Each		234041
SAUCE SPAGHETTI 6-10 GCHC	100 Cup		144207

Preparation Instructions

Pour 3 cups spaghetti sauce into a full steam table pan. Arrange frozen roll ups in full steam table pan, in a single layer, approximatly 18-20 rollups. Evenly pour 5 cups of spaghetti sauce on top of the roll ups. Cover pan and steam for 25-35 min until temperature reaches 165*.

Serve 1 each with 1/2 cup of sauce. (#8 scoop)

Meal	Compoi	nents	(SLE)
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Amount Per Serving	
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

e: 1.00 Each		
r Serving		
	400.00	
	6.00g	
at	3.50g	
	0.00g	
I	20.00mg	
	1390.00mg	
ates	57.00g	
	8.00g	
	19.00g	
	21.00g	
400.00IU	Vitamin C	6.00mg
340.00mg	Iron	3.24mg
	at I ates 400.00IU	400.00 400.00 6.00g at 3.50g 0.00g 1 20.00mg 1390.00mg 57.00g 8.00g 19.00g 21.00g 400.00IU Vitamin C

Cheese Filled Breadstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

Preparation Instructions

Arrange breadsticks on parchment lined cookie sheet. Bake at 375* for 5-7 min until 165*. Serve 1 each.

Meal Components (SLE)

Δn	nou	nt F	er	Ser	vina
\neg	noui	וווו	CI.	OCI	viiiu

Meat	0.50
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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

Mini Waffles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15438

Ingredients

Description Measurement Prep Instructions DistPart #

WAFFLE MINI MAPL IW 72-2.65Z EGGO 100 Package 284811

Preparation Instructions

Arrange frozen packages on cookie sheets. Bake at 375* for 6-8 min or until 165*. Serve in packages, 1 each.

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	

Servings Per Recipe: 100.00 Serving Size: 1.00 Package			
Amount Pe	r Serving		
Calories		200.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		220.00mg	
Carbohydra	ates	35.00g	
Fiber		4.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

Nutrition Facts

Potato Smiles

Servings:	100.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15977

Ingredients

Description Measurement Prep Instructions DistPart #

POTATO SMILES 26/6-4 OREI 100 Serving 228818

Preparation Instructions

Arrange potato smiles on parchment lined cookie sheet. Bake for 8-10 min at 375* or until 165*. Serve 4 each.

Meal Components (SLE) Amount Per Serving		
0.00		
0.00		
0.00		
0.00		
0.00		
0.00		
0.00		
0.75		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 4.00 Each			
Amount Per	Serving		
Calories		194.19	
Fat		6.72g	
SaturatedFa	at	0.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		268.88mg	
Carbohydrates		29.88g	
Fiber		2.99g	
Sugar		0.00g	
Protein		2.99g	
Vitamin A	0.00IU	Vitamin C	3.59mg
Calcium	0.00mg	Iron	0.54mg

Sausage Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15978

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WGRAIN 96-4.74Z MAX	100 Each		798770

Preparation Instructions

Arrange pizza slices on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until 165*. Serve 1 slice each.

Nutrition Facts

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	

Servings Per Recipe: 100.00 Serving Size: 1.00 Slice			
Amount Pe	r Serving		
Calories		270.00	
Fat		9.00g	
SaturatedF	at	3.00g	
Trans Fat 0.00g			
Cholesterol		15.00mg	
Sodium		690.00mg	
Carbohydrates		32.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein 16.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	2.90mg

Orange Juice

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16046

Ingredients

DescriptionMeasurementPrep InstructionsDistPart #JUICE ORNG 100 96-4FLZ HV100 Each577281

Preparation Instructions

Thaw in refrigerator one day prior to service. Serve 1 each.

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: 100.00			
Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		54.00	
Fat		0.00g	
SaturatedFa	SaturatedFat 0.00g		
Trans Fat 0.00g			
Cholesterol		0.00mg	
Sodium		0.50mg	
Carbohydrates 13.00g			
Fiber		0.30g	
Sugar		13.00g	
Protein 0.80g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.01mg	Iron	0.67mg

Bistro Box (Pizza Kit)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19858

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4- 5 RSS	25 Cup		768146
SAUCE MARINARA DIPN CUP 100-1Z	100 Each		772061
Shredded Mozzarella Cheese, Part Skim	200 Ounce		100021
BREAD ULTRA LOCO SQUARED 12-12CT TFT	100 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
APPLESAUCE POUC STRAWB SQZ 50-3.17Z	100 Each		415981

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal Components (SLE) Amount Per Serving		
Meat	2.00	
Grain	1.75	
Fruit	0.00	
GreenVeg	0.00	

RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		423.67	
Fat		17.00g	
SaturatedFa	at	10.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		624.67mg	
Carbohydra	ites	50.00g	
Fiber		4.67g	
Sugar		21.00g	
Protein		16.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.67mg	Iron	1.80mg

Italian Beef Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST ITAL SLCD CKD W/GRVY 22	300 Ounce		495581
Hot Dog Bun (Alpha Baking)	100 Each		
GIARDINIERA VEG MXD HOT 4-1GAL MARC	100 Ounce		544418

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: 100.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Per	r Serving		_
Calories		130.59	
Fat		7.76g	
SaturatedFa	at	1.88g	
Trans Fat		0.00g	
Cholesterol		26.47mg	
Sodium		525.88mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		11.76g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.06mg

Bistro Box (Cracker Stacker)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	200 Slice		726524
HUMMUS TRADITIONAL 2-3.75 GREC	100 Ounce		108171
PEAS SGR SNAP STRINGLESS 10 P/L	100 Cup		778214
APPLESAUCE CINN UNSWT CUP 96-4.5Z	100 Each		699180
BAR GRANOLA APPL WGRAIN 160-1.5Z DARL	100 Each	UNPREPARED COOK THOROUGHLY TO 160'F	369330
CHIP WHEAT THIN VEG 60-1.75Z NAB	100 Package		529731

Preparation Instructions

In a clam shell container, place 1 package of wheat thins, 2 slices of cheddar cheese (cut into fourths), 1 oz hummus (cupped and covered), 1 applesauce, 1 granola bar. Serve with milk.

Medi Componenta (OLL	- <i>j</i>
Amount Per Serving	
Meat	1.75

Meal Components (SLF)

Amount Per Serving	
Meat	1.75
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Fach

Gerving Giz	e. 1.00 Lacii		
Amount Pe	r Serving		
Calories		451.00	
Fat		21.25g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero	l	45.00mg	
Sodium		520.50mg	
Carbohydr	ates	52.50g	
Fiber		6.50g	
Sugar		28.50g	
Protein		15.00g	
Vitamin A	700.00IU	Vitamin C	37.80mg
Calcium	336.00mg	Iron	2.84mg

Buffalo Glazed Chicken Drumstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20615

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	100 Piece	PREPARATION: Appliances vary, adjust accordingly. Conventional Oven From Frozen: 32-35 minutes at 350°F. From Thawed: 22-27 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 15 minutes of cooking, then remove. 4. Heat for 28 - 33 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From Frozen: 23-27 minutes at 350°F. From Thawed: 18-22 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 12 minutes of cooking, then remove. 4. Heat for 18 - 23 minutes.	838181

Preparation Instructions

Arrange frozed drumsticks on parchment lined cookie sheet. Bake for 20-22 minutes at 375* or until temperature reaches 165*. Serving size is 1 each.

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: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		170.00	
Fat		10.00g	
SaturatedFa	nt	2.50g	
Trans Fat		0.00g	
Cholesterol		85.00mg	
Sodium		250.00mg	
Carbohydrates		5.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	1.00mg

Jello Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21012

Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 GELATIN CUP ORNG/STRAWB 48-3.5Z
 100 Each
 129460

Preparation Instructions

Serve 1 each.

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: 100.00			
Serving Size	: 1.00 Each		
Amount Per	Serving		_
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		40.00mg	
Carbohydra	ites	23.00g	
Fiber		0.00g	
Sugar		22.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
·			

Cowboy Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21018
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	
ONION RING BATRD 12-2 KE	200 Piece	CONVECTION PREHEAT OVEN TO 400°F ON LOW FAN. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.	783401

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Bake onion rings as directed-on parchment lined cookie sheet 8 min at 400*

Place 1 slice of cheese on each patty, 2 onion rings, then place in a bun. Wrap or serve

Meal	l Components	(SLE)
∧ mour	t Dor Sorving	

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

N	utritio	n F	acts
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Servings Per Recipe: 100.00 Serving Size: 1.00 Each		
Amount Per Serving		
Calories	375.00	
Fat	16.67g	
SaturatedFat	5.75g	
Trans Fat	0.50g	
Cholesterol	47.50mg	
Sodium	953.33mg	
Carbohydrates	37.00g	
Fiber	3.67g	

Sugar		4.83g	
Protein		22.17g	
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	173.33mg	Iron	2.64mg

Pulled Pork Sliders

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce		498702
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165* or higher. Put 2 bags of pork per 1/2 pan. Add 2oz (#16 scoop) to each dinner roll. Serve 2 sliders each.

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: 100.00

Serving Size: 1.00 Each **Amount Per Serving Calories** 499.00 Fat 20.00g **SaturatedFat** 6.00g **Trans Fat** 0.00g Cholesterol 71.00mg **Sodium** 613.00mg **Carbohydrates** 51.00g **Fiber** 2.00g Sugar 18.00g **Protein** 24.00g Vitamin A Vitamin C 0.00IU 0.00mg Calcium 0.00mg Iron 0.00mg

Meatball Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 9605Z	500 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT None	744520
5" White Wheat French	100 Each		31011

Preparation Instructions

Maal Campananta (CLE)

Place 1 bag meatballs per lined cookie sheet and bake at 375* for 8 minutes until temp reaches 165*. Place 3 pans of meatballs (3 bags 500 ea) into a deep pan with 2 cans spaghetti sauce. Stir. Steam for 20 min. Serve 5 meatballs each on a french roll.

Amount Per Serving	S (SLE)
Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.65
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 100).00	
Amount Pe	r Serving		
Calories		331.04	
Fat		11.02g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		642.43mg	_
Carbohydra	ates	38.21g	_
Fiber		5.03g	_
Sugar		7.14g	_
Protein		21.03g	
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	53.45mg	Iron	2.32mg

Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22466

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	75 Cup		285660

Preparation Instructions

Place 1/2 case of frozen peas in a steam pan. Steam for 10-15 min until 165^* . Serve with #6 scoop (3/4 C).

0.00
0.00
0.00
0.00
0.00
0.00
0.00
0.75

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.75 Cup					
Amount Per	Serving				
Calories		78.36			
Fat		0.00g			
SaturatedFa	at	0.00g	0.00g		
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydra	ites	13.43g			
Fiber		4.48g			
Sugar		4.48g			
Protein		5.60g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	1.23mg		

Hot Ham and Cheese Sliders

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	200 Ounce		680621
American Cheese Sliced RF	200 Slice		666204
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Place 1 slice of ham and 1 slice of cheese on each dinner roll. Place in the warmer at least 20 min prior to lunch service. Serve 2 each.

Meal Components (SLE) Amount Per Serving		
Meat	2.50	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Servings Per Recipe: 100.00 Serving Size: 2.00 Each Amount Per Serving Calories 320.00 Fat 8.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g Protein 22.00g	Nutrition Facts					
Amount Per Serving Calories 320.00 Fat 8.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Servings Per Recipe: 100.00					
Calories 320.00 Fat 8.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Serving Size	Serving Size: 2.00 Each				
Fat 8.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Amount Per Serving					
SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Calories		320.00			
Trans Fat 0.00g Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Fat		8.50g			
Cholesterol 35.00mg Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	SaturatedF	at	3.00g			
Sodium 1200.00mg Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Trans Fat		0.00g			
Carbohydrates 37.00g Fiber 2.00g Sugar 4.00g	Cholestero	l	35.00mg	35.00mg		
Fiber 2.00g Sugar 4.00g	Sodium		1200.00mg	1200.00mg		
Sugar 4.00g	Carbohydra	ates	37.00g	37.00g		
	Fiber		2.00g			
Protein 22.00g	Sugar		4.00g			
	Protein		22.00g			
Vitamin A 60.00IU Vitamin C 0.00mg	Vitamin A	60.00IU	Vitamin C	0.00mg		
Calcium 200.00mg Iron 0.36mg	Calcium	200.00mg	Iron	0.36mg		

Confetti Pancakes

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72- 3.03Z EGGO	100 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303

Preparation Instructions

Place packaged pancakes, picture side up, on a baking sheet in a single layer. Bake at 375* for 10-12 minutes. Serve 1 each.

Meal	Cc	m	ponents	(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

Carbohydrates

Fiber

Servings Per Recipe: 100.00

 Serving Size: 1.00 Each

 Amount Per Serving

 Calories
 220.00

 Fat
 7.00g

 SaturatedFat
 1.00g

 Trans Fat
 0.00g

 Cholesterol
 10.00mg

 Sodium
 300.00mg

36.00g

4.00g

Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Picnic Pasta Salad

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	4 Each	Diced	418439
PASTA PENNE WGRAIN 2-10 BARILLA	100 Pound	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
PEPPERS RED 11 P/L	6 Each	Diced	321141
TOMATO GRAPE SWT 10 MRKN	1 Pound	Halfed	129631
CHEESE COLBY JK CUBE IW 200-1Z LOL	30 Package		680130
DRESSING ITAL GLDN 4-1GAL GCHC	1/2 Gallon		257885

Preparation Instructions

Cook the pasta as directed. Strain and add chopped vegetables, cheese and dressing. Stir/toss. Serve 1 C each.

Meal Components (SLE)

Amount Per Serving	
Meat	0.06
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00 Serving Size: 1.00 Cup **Amount Per Serving Calories** 309.52 Fat 4.49g **SaturatedFat** 0.50g **Trans Fat** 0.00g Cholesterol 1.20mg Sodium 54.38mg **Carbohydrates** 62.91g Fiber 9.64g Sugar 3.57g **Protein** 13.25g Vitamin A 75.87IU Vitamin C 2.96mg **Calcium** 12.56mg Iron 5.77mg

Bistro (Picnic Lunch)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LEMONADE 6 72- 4FLZ SNCUP	100 Each		119030
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	191090
GRAPES BLK SDLSS 19	50 Cup		554570
Baby Carrots	1/2 Cup	UNSPECIFIED None	

Preparation Instructions

Pack 1/2 C grapes, 1/2 C carrots, 1 bag of cheetos, 1 lemonade slush and 1 cup of pasta salad (see pasta salad recipe). Serve 1 bag per student, with milk.

Meal C	omponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Calcium

Servings Per Recipe: 100.00

Serving Size: 1.00 Each **Amount Per Serving Calories** 235.38 Fat 4.65g SaturatedFat 1.05g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 202.88mg **Carbohydrates** 45.54g **Fiber** 1.71g 27.52g Sugar **Protein** 2.60g Vitamin A 52.80IU Vitamin C 17.44mg

Iron

0.69mg

29.10mg

Ranch Dressing

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28013

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	3/4 Package		192716
VINEGAR WHT DISTILLED 4 4-1GAL	1/5 Cup		517582
24-PURIFIED WATER CUSTOM .5 LTR TWIST	1/5 Gallon		955139
DRESSING SALAD LT 4-1GAL GCHC	1/2 Cup		429422
MILK PWD FF INST 6-5 P/L	1/10 Gallon		311065

Preparation Instructions

Multiply all ingredients by 5 to equal 500ounces for 500 servings.

Mix together water, vinegar, milk, and ranch packages first. When everything is mixed add the mayo/salad dressing in with the mixture. Should make about 4 gallons total. Cup 1oz portions into 1-2oz cups with lids.

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: 100.00 Serving Size: 1.00			
Amount Pe	r Serving		
Calories		6.68	
Fat		0.20g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	Cholesterol 1.04mg		
Sodium		149.36mg	
Carbohydra	ates	0.82g	
Fiber		0.00g	
Sugar		0.74g	
Protein		0.39g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.06mg	Iron	0.00mg

Chicken Parmesan

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28119
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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
Cheese, Mozzarella, Part Skim, Shredded	25 Cup	Sprinkle on top of chicken patty before baking	100021
Macaroni- Whole Grain Rich	75 Cup	Steam pasta in pan	110501comm
USDA Spaghetti Sauce, Low- Sodium, Canned	25 Cup	Mix into cooked pasta at ratio of 1/4 cup to 3/4 cup cooked pasta	100336

Preparation Instructions

Steam penne pasta in steamer and mix in spaghetti sauce once cooked. Bake breaded chicken patty in oven with shredded mozzarella on top. Serve pasta in large boat with cooked chicken patty on the side.

Serving size for one serving is 1 chicken patty, 1/4 shredded cheese, 3/4 cup pasta, and 1/4 cup of sauce.

Meal	Components	(SLE)
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Amount Per Serving			
Meat	3.00		
Grain	2.50		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.25		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Sugar

Protein

Servings Per Recipe: 100.00 Serving Size: 1.00

Amount Per Serving Calories 527.50 Fat 23.50g **SaturatedFat** 8.00g **Trans Fat** 0.00g Cholesterol 50.00mg **Sodium** 692.50mg **Carbohydrates** 52.50g **Fiber** 6.50g

6.50g

25.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Frozen Mixed Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28134
School:			

Ingredients

Description Measurement Prep Instructions DistPart #

VEG MIXED 30 KE 100 Cup 283771

Preparation Instructions

Meal Components (SLF)

Steam vegetables to proper temperature. Serve on the side of entree for 1 cup serving.

Medi Components (CLL)		
0.00		
0.00		
0.00		
0.22		
0.22		
0.75		
0.00		
0.45		

Nutrition Facts						
Servings Per Recipe: 100.00						
Serving Size	: 1.00					
Amount Pe	Amount Per Serving					
Calories		74.63				
Fat		0.00g				
SaturatedFa	at	0.00g				
Trans Fat		0.00g				
Cholesterol		0.00mg				
Sodium		22.39mg				
Carbohydrates		16.42g				
Fiber		4.48g				
Sugar		5.97g				
Protein		2.99g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	0.00mg	Iron	0.75mg			