

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	528820
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	269200

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories 310.00

Fat 14.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 550.00mg

Carbohydrates 35.00g

Fiber 2.00g

Sugar 3.00g

Protein 13.00g

Vitamin A 0.00IU **Vitamin C** 42.00mg

Calcium 80.00mg **Iron** 2.16mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Breakfast Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22381
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	DistPart #
Hawaiian Roll	1 Ounce	149052
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625

Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 156.00

Fat 6.00g

SaturatedFat 1.80g

Trans Fat 0.00g

Cholesterol 99.00mg

Sodium 246.00mg

Carbohydrates 15.40g

Fiber 1.60g

Sugar 3.20g

Protein 7.00g

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

Calcium 18.00mg **Iron** 0.00mg

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Breakfast Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22404

Ingredients

Description	Measurement	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each	733220
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each	659712
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each	698251
JUICE BOX GRP 100 40-4.23FLZ	1 Each	698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	698240

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	64.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	15.80g
Fiber	0.00g
Sugar	13.80g
Protein	0.00g
Vitamin A 200.00IU	Vitamin C 24.00mg
Calcium 36.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Milk, Variety

Servings:	6.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22405

Ingredients

Description	Measurement	DistPart #
1% Low Fat White Milk	1 Cup	13871
Skim 1/2 pt	1 Cup	5404
MILK WHT FF LACT FR 12-8FLZ DSTAR	1 Cup	170879
Chocolate 1%	1 Cup	13875
Strawberry 1% Milk	1 Cup	13877
Vanilla Milk 1%	1 Cup	13879

Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	116.67
Fat	1.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	9.17mg
Sodium	135.00mg
Carbohydrates	17.17g
Fiber	0.00g
Sugar	16.67g
Protein	8.00g
Vitamin A 32.17IU	Vitamin C 0.67mg
Calcium 155.50mg	Iron 0.00mg

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Assorted Cereal Bars

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22418

Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each	498170

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 155.00

Fat 3.67g

SaturatedFat 0.42g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 127.50mg

Carbohydrates 29.50g

Fiber 3.00g

Sugar 10.67g

Protein 2.17g

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

Calcium 183.33mg **Iron** 1.65mg

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Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22419

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	1.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.17g		
Fiber	2.17g		
Sugar	6.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.67mg	Iron	4.52mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Fresh Fruit

Servings:	6.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each	597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each	198021
STRAWBERRY 8 MRKN	1/2 Cup	212768
PEAR 95-110CT MRKN	1 Each	198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 74.17

Fat 0.23g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.89mg

Carbohydrates 19.11g

Fiber 3.16g

Sugar 10.00g

Protein 0.93g

Vitamin A 94.81IU **Vitamin C** 25.58mg

Calcium 21.11mg **Iron** 0.30mg

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Applesauce Cup, Assorted Flavors

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22426

Ingredients

Description	Measurement	DistPart #
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each	753881
APPLESAUCE WTRMLN CUP 96-4.5Z P/L	1 Each	764341
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each	753931
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each	753921
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each	753911

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 70.20

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 8.40mg

Carbohydrates 13.40g

Fiber 1.60g

Sugar 7.80g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 40.20mg

Calcium 1.00mg **Iron** 0.00mg

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Assorted Cereal Pouches

Servings:	6.00	Category:	Grain
Serving Size:	1.00 1 Pouch	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22428

Ingredients

Description	Measurement	DistPart #
CEREAL GLDN GRAHAMS POU 96-1Z GENM	1 Each	795420
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	656562
Lucky Charms Cereal Pouch	1 Each	14392
Froot Loops Cereal Pouch	1 Each	11467
Frosted Flakes Multi Grain Pouch	1 Each	11465
Apple Jacks Cereal Pouch	1 Each	11469

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 1 Pouch

Amount Per Serving

Calories	108.33		
Fat	1.08g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	173.33mg		
Carbohydrates	23.50g		
Fiber	1.67g		
Sugar	8.00g		
Protein	1.67g		
Vitamin A	150.00IU	Vitamin C	3.10mg
Calcium	30.00mg	Iron	1.57mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Graham Packets

Servings:	5.00	Category:	Grain
Serving Size:	1.00 1 each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22429

Ingredients

Description	Measurement	DistPart #
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package	123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560
CRACKER GRHM HNY FROZEN 210-1Z	1 Bag	150080
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
Goldfish French Toast Grahams	1 Each	04788

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	122.00		
Fat	3.90g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	123.00mg		
Carbohydrates	21.00g		
Fiber	1.40g		
Sugar	7.80g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.66mg

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Yogurt Middle/High Schools

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22430

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	93.33
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	58.33mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	13.00g
Protein	3.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Yogurt Elementary Schools

Servings:	5.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22432

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.00
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	9.40g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22433

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)	444115

Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	490.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	91.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pepperoni Pizza-Big Daddy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22434

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN SLCD 3-3CT	1 Slice	673133

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Serving Slice: 1 slice

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	570.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	74.00IU	Vitamin C	0.00mg
Calcium	316.00mg	Iron	2.00mg

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Spicy Chicken Patty Sandwich Middle/High Schools

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22436

Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490
4" Wg Rich Hamburger Bun	1 bun	3474

Preparation Instructions

1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	340.00		
Fat	12.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	560.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Cereal Bowls Elementary

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22457

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL REESES PUFFS WGRAIN 96CT GENM	1 Each	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Each	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	453143
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories 110.00

Fat 1.45g

SaturatedFat 0.09g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 138.18mg

Carbohydrates 23.27g

Fiber	2.00g		
Sugar	7.36g		
Protein	1.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.09mg	Iron	4.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Grilled Cheese Sandwich w/Tomato Soup K-6

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22505

Ingredients

Description	Measurement	DistPart #
Whole Grain Sandwich Bread	2 Slice	1292
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon	651171
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	3 Slice	247822
SOUP TOMATO 12-5 HLTHYREQ	1 Cup	488232

Preparation Instructions

Bake sandwiches until lightly browned in a 350° convection oven for approximately 10 minutes. DO NOT OVERBAKE.

CCP: Hold sandwiches for hot service at 135° or higher.

CCP: Hold soup for hot service at 135° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 1700.00

Fat 31.00g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 22.50mg

Sodium 2800.00mg

Carbohydrates 279.00g

Fiber 22.00g

Sugar 41.50g

Protein 74.50g

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

Calcium 1025.00mg **Iron** 15.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Baby Carrots W/Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	3/4 Cup	599921
Ranch Dressing Cup	1 Each	52976

Preparation Instructions

serve chilled

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories 174.70

Fat 16.34g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 235.49mg

Carbohydrates 8.84g

Fiber 3.13g

Sugar 4.48g

Protein 0.78g

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

Calcium 34.66mg **Iron** 0.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pasta with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22511

Ingredients

Description	Measurement	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 Ounce	728590
CHEESE PARM GR TD 12-1 PG	1 Tablespoon	164259

Preparation Instructions

1. Place sealed bag in steamer. Heat approximately 30 minutes.
 2. Check temperature. Heat to a minimum of 165°.
- CCP: Hold Hot at 135°F or higher
3. Portion with #6 scoop into a black entree container. Place 1 bread stick along side of pasta.
 4. Offer with Parmesan cheese

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.90
Fat	18.25g
Saturated Fat	7.70g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	748.50mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 23.00mg
Calcium 137.50mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Peanut Butter and Jelly Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22513

Ingredients

Description	Measurement	DistPart #
Whole Grain Sandwich Bread	2 Slice	1292
PEANUT BUTTER SMOOTH 6-5 GFS	3 1/2 Tablespoon	183245
JELLY GRP 6-4 SMUCK	2 Tablespoon	224111

Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread. Cut in half. Wrap

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	572.50		
Fat	28.25g		
SaturatedFat	4.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	387.50mg		
Carbohydrates	62.25g		
Fiber	5.50g		
Sugar	29.50g		
Protein	18.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hot Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22548

Ingredients

Description	Measurement	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice	294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice	247822

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 130.00

Fat 7.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 680.00mg

Carbohydrates 3.00g

Fiber 0.00g

Sugar 2.00g

Protein 16.00g

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

Calcium 150.00mg **Iron** 0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hot Ham and Cheese Sandwich Elem

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22549

Ingredients

Description	Measurement	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice	294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice	247822
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 240.00

Fat 9.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 870.00mg

Carbohydrates 23.00g

Fiber 2.00g

Sugar 5.00g

Protein 20.00g

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

Calcium 150.00mg **Iron** 0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Uncrustable w/ Goldfish Crax

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22552

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	2 Package	112702

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 400.00

Fat 19.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 450.00mg

Carbohydrates 46.50g

Fiber 5.00g

Sugar 15.00g

Protein 11.00g

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

Calcium 43.50mg **Iron** 1.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound	610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 Teaspoon	225037
Kosher Salt	2 Teaspoon	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 40.82

Fat 2.24g

SaturatedFat 0.16g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 57.52mg

Carbohydrates 4.44g

Fiber 2.54g

Sugar	0.84g		
Protein	2.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.55mg	Iron	0.85mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563

Ingredients

Description	Measurement	DistPart #
Romaine, Chopped	1 Cup	15D44
Shredded Cheddar	1/4 Ounce	
TOMATO CHERRY 11 MRKN	3 Each	569551

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	40.60		
Fat	1.60g		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	71.25mg		
Carbohydrates	3.50g		
Fiber	0.55g		
Sugar	1.25g		
Protein	2.40g		
Vitamin A	374.70IU	Vitamin C	6.16mg
Calcium	8.25mg	Iron	0.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Peanut Butter and Jelly Sandwich w/Goldfish Crax

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22618

Ingredients

Description	Measurement	DistPart #
Whole Grain Sandwich Bread	2 Slice	1292
PEANUT BUTTER SMOOTH 6-5 GFS	3 1/2 Tablespoon	183245
JELLY GRP 6-4 SMUCK	2 Tablespoon	224111
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	112702

Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread. Cut in half. Wrap

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	672.50		
Fat	31.75g		
SaturatedFat	4.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	557.50mg		
Carbohydrates	76.25g		
Fiber	6.50g		
Sugar	29.50g		
Protein	20.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Broccoli with Cheese Sauce

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart	135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 22.08

Fat 0.42g

SaturatedFat 0.25g

Trans Fat 0.00g

Cholesterol 1.25mg

Sodium 32.92mg

Carbohydrates 3.54g

Fiber 2.00g

Sugar 0.67g

Protein 2.29g

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

Calcium 35.29mg **Iron** 0.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fresh Grapes

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	197831

Preparation Instructions

Portion approximately 14 grapes into individual side dish containers.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

Calories 45.58

Fat 0.22g

SaturatedFat 0.05g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.35mg

Carbohydrates 11.88g

Fiber 0.59g

Sugar 10.80g

Protein 0.43g

Vitamin A 68.04IU **Vitamin C** 2.72mg

Calcium 9.53mg **Iron** 0.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Corn, frozen

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 123.10

Fat 8.42g

SaturatedFat 3.20g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 11.82g

Fiber 1.48g

Sugar 4.43g

Protein 1.48g

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

Calcium 2.02mg **Iron** 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon	263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.15mg		
Carbohydrates	6.59g		
Fiber	3.25g		
Sugar	3.24g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.70mg	Iron	0.65mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Orange Wedges

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	198021

Preparation Instructions

Serve 6 wedges into a side dish container.
CCP: Hold for cold service at 41° or less.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.86
Fat	0.35g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.49g
Fiber	3.11g
Sugar	0.00g
Protein	1.31g
Vitamin A 285.66IU	Vitamin C 60.24mg
Calcium 49.68mg	Iron 0.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pizza Indiv. Round

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22637

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	72 Each	504610
PIZZA PEPP 4RND WGRAIN 72-4.51Z TONY	72 Each	504622

Preparation Instructions

CCP: Hold for hot service at minimum of 135°.

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 285.00

Fat 12.50g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 32.50mg

Sodium 450.00mg

Carbohydrates 26.00g

Fiber 3.00g

Sugar 6.50g

Protein 15.50g

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

Calcium 270.00mg **Iron** 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pizza Slice

Servings:	192.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22639

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96CT MAX	96 Each	198831
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	96 Each	153650

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 285.00

Fat 9.00g

SaturatedFat 3.75g

Trans Fat 0.00g

Cholesterol 22.50mg

Sodium 490.00mg

Carbohydrates 35.50g

Fiber 4.00g

Sugar 6.00g

Protein 16.50g

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

Calcium 261.50mg **Iron** 2.85mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fish Nuggets w/Onion Rings

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22657

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z 4-5	160 Each	344271
ONION RING BRD WGRAIN 6-5#TASTY BRAND	200 Each	234061

Preparation Instructions

CCP: Hold fish and onion rings for hot service at minimum of 135°.

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Piece

Amount Per Serving

Calories 410.00

Fat 16.00g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 530.00mg

Carbohydrates 51.00g

Fiber 5.00g

Sugar 5.00g

Protein 15.00g

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

Calcium 130.00mg **Iron** 2.58mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Baked Cinnamon Apples

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22676

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup	225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound	834071

Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

CCP: Hold for hot service at 135° or higher.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	108.68		
Fat	2.00g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.09mg		
Carbohydrates	23.37g		
Fiber	2.16g		
Sugar	19.39g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	11.38mg
Calcium	3.40mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fresh Apple Slices

Servings:	130.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	597481

Preparation Instructions

Portion 6 slices into a side dish container.
CCP: Hold for cold service at 41° or less.

Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 Piece

Amount Per Serving

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Veggie Cruncher Cup w/Dip

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22686

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	7 Pound	560715
CAULIFLOWER BITE SIZE 2-3 RSS	5 1/2 Pound	732486
CUCUMBER SELECT 24CT MRKN	10 1/4 Pound	418439
Ranch Dressing Cup	100 Each	52976

Preparation Instructions

Portion 3 pepper slices, approx. 1 oz or 1/4 C cauliflower, and 3 cucumber sticks into a side dish container.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories 157.77

Fat 16.12g

SaturatedFat 2.54g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 177.06mg

Carbohydrates 5.15g

Fiber 0.93g

Sugar 2.35g

Protein 0.82g

Vitamin A 1134.86IU **Vitamin C** 75.16mg

Calcium 10.10mg **Iron** 0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Egg Grab and Go CBIS

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22687

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	88 Each	229431
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	44 Package	191090

Preparation Instructions

Portion: 2 eggs, and 1 pkg of Cheetos into a black entree container.

CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	14.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	370.00mg
Sodium	320.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	3.00g
Protein	14.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	70.00mg	Iron	2.40mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey and Noodles w/Bread

Servings:	112.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22693

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	292346
24oz Whole Grain Rich Sandwich Bread	112 Slice	1292

Preparation Instructions

To serve: place noodles into serving container with the turkey and gravy portioned over top.

4 oz portion of noodles, use a 4 oz spoodle with

4 oz (by weight) of turkey and gravy, use a 6 oz spoodle or #8 scoop.

Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 244.67

Fat 6.38g

SaturatedFat 1.66g

Trans Fat 0.50g

Cholesterol 62.55mg

Sodium 544.29mg

Carbohydrates 25.07g

Fiber 1.36g

Sugar 1.36g

Protein 22.24g

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

Calcium 10.57mg **Iron** 3.16mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mashed Potatoes

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound	733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package	166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 187.11

Fat 3.25g

SaturatedFat 0.42g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 699.16mg

Carbohydrates 37.78g

Fiber 2.22g

Sugar 2.22g

Protein 4.44g

Vitamin A 70.00IU **Vitamin C** 8.00mg

Calcium 44.44mg **Iron** 0.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Peaches, diced

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22695

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	2 #10 CAN	268348

Preparation Instructions

Portion 1/2 cup peaches with some juice into a side dish container.

CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.78mg		
Carbohydrates	15.09g		
Fiber	0.00g		
Sugar	11.86g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22696

Ingredients

Description	Measurement	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	108980
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon	754684
6" Whole Grain Rich Hoagie Bun	1 Each	3744

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.00

Fat 9.50g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 840.00mg

Carbohydrates 40.50g

Fiber 4.00g

Sugar 12.00g

Protein 19.00g

Vitamin A 300.00IU **Vitamin C** 1.20mg

Calcium 20.00mg **Iron** 11.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fruit and Veggie Bar

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22697

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup	735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	25 Cup	329401
BROCCOLI FLORET BITE SIZE 2-3 RSS	8 Cup	732451
CAULIFLOWER BITE SIZE 2-3 RSS	8 Cup	732486
PEPPERS RED 11 P/L	8 Cup	321141
PEPPERS GREEN LRG 60-70CT MRKN	8 Cup	198757
TOMATO GRAPE SWT 10 MRKN	8 Cup	129631
CARROT BABY WHL PETITE 4-5 RSS	8 Cup	768146
RADISH 30CT 14-1 P/L	4 Cup	198854
CUCUMBER SELECT 24CT MRKN	8 Cup	418439

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	44.39
Fat	0.27g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	42.40mg
Carbohydrates	9.70g
Fiber	3.61g
Sugar	4.92g

Protein	2.73g
Vitamin A 1065.18IU	Vitamin C 82.20mg
Calcium 52.01mg	Iron 1.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	1 Tablespoon	676210
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	399806
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories 508.00

Fat 25.70g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol 78.00mg

Sodium 715.00mg

Carbohydrates 45.50g

Fiber 5.50g

Sugar 3.00g

Protein 24.00g

Vitamin A 150.00IU **Vitamin C** 0.00mg

Calcium 155.50mg **Iron** 2.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25897
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730
DRESSING RNCH DISPNSR 2-1.5GAL HELM	2 Tablespoon	479880

Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
 2. Heat bacon in a 350° oven for 1-2 minutes.
 3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
 4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
 5. Roll tightly and cut in half.
- CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 574.00

Fat 29.60g

SaturatedFat 9.15g

Trans Fat 0.00g

Cholesterol 67.00mg

Sodium 1034.00mg

Carbohydrates 44.50g

Fiber	5.00g		
Sugar	5.50g		
Protein	29.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	147.50mg	Iron	3.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chocolate 1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25898
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
Chocolate 1% Milk	1 Cup	13875

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	150.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	24.00g
Fiber	0.00g
Sugar	22.00g
Protein	8.00g
Vitamin A 173.00IU	Vitamin C 0.00mg
Calcium 277.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Shredded BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25899
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Cup	498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	449.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	443.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	20.00g
Protein	24.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	71.00mg	Iron	2.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Dill Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25903

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each	542832
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	

Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	650.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	6.00g
Protein	29.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 111.00mg	Iron 3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Shredded Pork BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.
CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	449.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	443.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	20.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

White Mac and Cheese Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25909
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce	149193
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 1/2 Ounce	903490
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon	704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	159791

Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
 2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 554.98

Fat 23.52g

SaturatedFat 9.80g

Trans Fat 0.00g

Cholesterol 104.47mg

Sodium 1866.89mg

Carbohydrates 57.82g

Fiber 3.00g

Sugar 18.00g

Protein 30.32g

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

Calcium 22.00mg **Iron** 1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25910
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup	451730
84-2.6Z SALSA CUP REDG REDSC2Z	1	536690
SOUR CREAM PKT 100-1Z GCHC	1	745903
CORN CUT SUPER SWT 6-4 GCHC	1/4 Cup	851329

Preparation Instructions

1. Portion romaine lettuce into the bottom of the container.
2. Add #10 Scoop of taco meat, 1/4 cup shredded cheddar cheese.
3. Serve with 1 bag of chips.
4. 1 salsa cup, 1 sour cream packet are optional, place in a separate container for self service.

CCP: Hold for cold service at 40° or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 425.13

Fat 19.46g

SaturatedFat 8.14g

Trans Fat 0.18g

Cholesterol 52.08mg

Sodium 534.16mg

Carbohydrates	42.12g
Fiber	6.51g
Sugar	5.00g
Protein	20.32g
Vitamin A 706.94IU	Vitamin C 3.15mg
Calcium 288.87mg	Iron 1.86mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Elementary Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each	853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	304.63		
Fat	11.98g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	69.82mg		
Sodium	568.94mg		
Carbohydrates	26.49g		
Fiber	1.50g		
Sugar	2.50g		
Protein	22.95g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 197.43mg **Iron** 1.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25912
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHIP CORN 64-LSSV FRITOS	1 Package	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
84-2.6Z SALSA CUP REDG REDSC2Z	1	536690
SOUR CREAM PKT FF 100-1Z LOL	1 Each	853190

Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.
Serve with 1 bag Fritos.
3. Offer 1 salsa cup and 1 pkt sour cream.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 530.28

Fat 32.09g

SaturatedFat 10.14g

Trans Fat 0.18g

Cholesterol 52.08mg

Sodium 744.16mg

Carbohydrates 41.15g

Fiber 3.76g

Sugar 3.76g

Protein	21.58g		
Vitamin A	706.94IU	Vitamin C	3.15mg
Calcium	326.87mg	Iron	1.26mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25951

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 1/2 Ounce	653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	1/2 Cup	166872
24 oz. Whole Grain Rich Sandwich Bread	2 Slice	1292
MARGARINE CUP SPRD 900-5GM CNTRYCR	1 Each	542121

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	454.81
Fat	11.91g
SaturatedFat	2.12g
Trans Fat	0.00g
Cholesterol	48.68mg
Sodium	1382.50mg
Carbohydrates	60.16g
Fiber	4.00g
Sugar	4.00g
Protein	29.47g
Vitamin A 200.00IU	Vitamin C 7.20mg
Calcium 48.00mg	Iron 9.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Orange Chicken with Rice and Eggroll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952

Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	791710
RICE 2-10 UBEN	1/2 Cup	427586
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	521450

Preparation Instructions

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 668.67

Fat 8.60g

SaturatedFat 2.03g

Trans Fat 0.00g

Cholesterol 46.15mg

Sodium 635.54mg

Carbohydrates 120.64g

Fiber 5.05g

Sugar 16.33g

Protein 25.56g

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

Calcium 152.20mg **Iron** 6.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey Club Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25954

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 1/4 Ounce	689541
BACON TKY CKD 12-50CT JENNO	1/2 Ounce	834770
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Slice	105988
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup	451730
TOMATO 6X6 LRG 10 MRKN	2 Slice	199001
6" Whole Grain Rich Hoagie Bun	1 Each	3744

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	387.10
Fat	14.43g
SaturatedFat	5.43g
Trans Fat	0.00g
Cholesterol	68.32mg
Sodium	1070.35mg
Carbohydrates	33.30g
Fiber	4.13g
Sugar	6.25g
Protein	30.76g
Vitamin A 599.76IU	Vitamin C 9.86mg
Calcium 161.20mg	Iron 10.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25955

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice	247822

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 390.00

Fat 19.00g

SaturatedFat 7.75g

Trans Fat 0.00g

Cholesterol 67.50mg

Sodium 480.00mg

Carbohydrates 28.00g

Fiber 2.00g

Sugar 4.50g

Protein 27.50g

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

Calcium 146.00mg **Iron** 3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chef Salad

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25956

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Pound	451730
CARROT MATCHSTICK SHRED 2-3 RSS	8 Ounce	198161
CHEESE CHED MLD SHRD 4-5 LOL	3 Ounce	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	5 Each	853800
TURKEY BRST DCD 2-5	2 Ounce	451300
HAM SLCD .5Z 4-2.5 GFS	20 Slice	294187
TOMATO CHERRY 11 MRKN	2 1/2 Cup	569551
BREAD BANANA IW 70-3.4Z SUPBAK	10 Each	230361

Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 1 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1/4 oz

Turkey, diced - 2 oz

Ham, cut in pieces - 2 slices

Serve with salad dressing packet and 1 slice of banana bread

CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving

Calories 386.78

Fat 14.10g

SaturatedFat 4.35g

Trans Fat 0.00g

Cholesterol	106.04mg
Sodium	572.85mg
Carbohydrates	52.78g
Fiber	4.48g
Sugar	28.54g
Protein	17.26g
Vitamin A 4269.29IU	Vitamin C 7.55mg
Calcium 263.68mg	Iron 1.88mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken and Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25957

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	536790
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Each	243572

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	500.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	730.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	18.00g		
Protein	22.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.52mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Fajitas with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25972

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	109620
PEPPERS RED 5 P/L	1 Ounce	597082
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
RICE 2-10 UBEN	1/8 Cup	427586

Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	378.61
Fat	10.07g
SaturatedFat	5.01g
Trans Fat	0.00g
Cholesterol	80.79mg
Sodium	871.28mg
Carbohydrates	46.68g
Fiber	2.80g
Sugar	3.14g
Protein	26.11g

Vitamin A	910.98IU	Vitamin C	46.31mg
Calcium	160.12mg	Iron	3.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Burrito Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25977
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	722110
RICE 2-10 UBEN	1/4 Cup	427586
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CORN CUT SUPER SWT 6-4 GCHC	1/2 Cup	851329
SALSA CUP 84-3Z REDG	1 Each	677802

Preparation Instructions

To serve:

Place 1 #6 scoop of rice, top with #6 scoop of chicken taco meat,

Add 1/2 cup black beans and 1/2 C corn. Top with tortilla shell.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 588.18

Fat 9.28g

SaturatedFat 4.46g

Trans Fat 0.00g

Cholesterol 30.46mg

Sodium 843.37mg

Carbohydrates 99.06g

Fiber 9.52g

Sugar	9.51g
Protein	24.78g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 273.44mg	Iron 4.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Broccoli Salad

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25979
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	732451
ONION RED JUMBO 10 MRKN	2 Ounce	596973
BACON CKD MED SLCD 3-100CT GFS	2 Slice	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon	842061
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 Tablespoon	430795
RAISIN SELECT 12-2 P/L	1/2 Cup	496146

Preparation Instructions

CCP: Hold for hot service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50

Amount Per Serving

Calories	89.30
Fat	2.06g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	12.80mg
Sodium	106.64mg
Carbohydrates	16.78g
Fiber	2.46g
Sugar	8.93g
Protein	2.71g

Vitamin A	473.74IU	Vitamin C	68.16mg
Calcium	42.72mg	Iron	0.86mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Salad with Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25994
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
TOMATO CHERRY 11 MRKN	1/2 Cup	569551
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package	636402
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce	554693

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 704.20

Fat 35.30g

SaturatedFat 8.95g

Trans Fat 0.04g

Cholesterol 90.00mg

Sodium 1169.90mg

Carbohydrates 72.00g

Fiber 10.90g

Sugar 30.50g

Protein 29.50g

Vitamin A	1099.70IU	Vitamin C	12.33mg
Calcium	177.60mg	Iron	2.77mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Salad with Spicy Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25995
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	399806
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
TOMATO CHERRY 11 MRKN	1/2 Cup	569551
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon	324531
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce	554693
APPLE GALA 138CT MRKN	1 Piece	569392

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	633.80
Fat	34.45g
SaturatedFat	7.20g
Trans Fat	0.04g
Cholesterol	78.00mg
Sodium	1041.20mg
Carbohydrates	59.50g
Fiber	10.00g
Sugar	19.50g

Protein	26.80g
Vitamin A 968.82IU	Vitamin C 18.22mg
Calcium 173.28mg	Iron 3.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce	690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce	689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice	776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup	451730
TOMATO 6X6 LRG 10 MRKN	3 Slice	199001
6" Whole Grain Rich Hoagie Bun	1 Each	3744

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 360.29

Fat 12.88g

SaturatedFat 5.24g

Trans Fat 0.00g

Cholesterol 58.72mg

Sodium 834.88mg

Carbohydrates 35.97g

Fiber 4.57g

Sugar 7.93g

Protein 24.31g

Vitamin A	949.64IU	Vitamin C	14.80mg
Calcium	135.80mg	Iron	10.63mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26016

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each	226851
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

**Allergens: Soy, Wheat

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	275.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nachos Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	696871
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce	135261

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 262.97

Fat 10.82g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 64.82mg

Sodium 627.27mg

Carbohydrates 22.66g

Fiber 1.00g

Sugar 0.00g

Protein 19.28g

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

Calcium 145.60mg **Iron** 1.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Nuggets w/Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26019

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .98Z 30	4 Each	548832
Whole Grain Pan Roll	1 Each	3920

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 4 nuggets and 1 roll together as an entree.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 370.00

Fat 18.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 465.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 2.00g

Protein 21.00g

Vitamin A 200.00IU **Vitamin C** 108.00mg

Calcium 68.00mg **Iron** 2.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26021

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	564790
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Use a # scoop for portioning the sloppy joe.
CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	253.80
Fat	7.45g
SaturatedFat	2.18g
Trans Fat	0.00g
Cholesterol	43.64mg
Sodium	603.55mg
Carbohydrates	29.92g
Fiber	3.98g
Sugar	10.93g
Protein	16.89g
Vitamin A 455.21IU	Vitamin C 5.95mg
Calcium 33.72mg	Iron 1.98mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26022

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each	641402
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00
Fat	17.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	700.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26025

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
6" Whole Grain Hot Dog Bun	1 Each	3709

Preparation Instructions

Serve one hot dog on one bun. Wrap
CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	280.00
Fat	17.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.11mg	Iron 1.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sausage Gravy with Biscuit Sticks

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26027

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	785880
DOUGH BISC STICK 250-1.25Z RICH	50 Each	149070

Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 2 biscuit sticks with 6 oz gravy and 1 sausage patty.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	476.08
Fat	31.51g
SaturatedFat	13.55g
Trans Fat	0.00g
Cholesterol	59.43mg
Sodium	1215.02mg
Carbohydrates	28.17g
Fiber	0.00g
Sugar	2.00g
Protein	16.69g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 28.54mg	Iron 7.64mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26028

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
Mrs. Clark's Ranch Dressing - Jug	1 Tablespoon	52906
HAM SLCD .5Z 4-2.5 GFS	3 Slice	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice	247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	363.05
Fat	17.13g
SaturatedFat	6.13g
Trans Fat	0.00g
Cholesterol	47.77mg
Sodium	903.08mg
Carbohydrates	32.25g
Fiber	3.50g
Sugar	3.75g
Protein	23.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 1.71mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Smackers with a Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26038

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620
Whole Grain Dinner Roll	1 Each	3920

Preparation Instructions

CCP: Hold chicken smackers for hot service at 140° or higher.

Serve 10 smackers with 1 roll.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00
Fat	14.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	675.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26046

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

CCP: Hold BBQ for hot service at 140° or higher.

To serve: Put 4 oz pork on each bun. Wrap.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	409.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	423.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26429
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Place one patty on one bun. Wrap
CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 390.00

Fat 18.50g

Saturated Fat 4.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 530.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 3.00g

Protein 22.00g

Vitamin A 200.00IU **Vitamin C** 108.00mg

Calcium 20.00mg **Iron** 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26430
School:	NEEDHAM ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
Whole Grain Hamburger Bun, 3.5"	1 Each	3227
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each	641402

Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00		
Fat	17.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	700.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26431
School:	UNION ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 390.00

Fat 18.50g

Saturated Fat 4.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 530.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 3.00g

Protein 22.00g

Vitamin A 200.00IU **Vitamin C** 108.00mg

Calcium 20.00mg **Iron** 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crispy Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26432
School:	WEBB ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	3227

Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 390.00

Fat 18.50g

Saturated Fat 4.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 530.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 3.00g

Protein 22.00g

Vitamin A 200.00IU **Vitamin C** 108.00mg

Calcium 20.00mg **Iron** 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Deli Wrap MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27754
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TORTILLA JALAP CHS WGRAIN 9 12-12CT	1 Each	673491
Mrs. Clark's Ranch Dressing - Jug	1 Tablespoon	52906
HAM SLCD .5Z 4-2.5 GFS	3 Slice	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice	247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Serve with mini peppers and applesauce.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 353.05

Fat 16.63g

Saturated Fat 5.13g

Trans Fat 0.00g

Cholesterol 47.77mg

Sodium 1003.08mg

Carbohydrates 30.25g

Fiber 2.50g

Sugar 2.75g

Protein 23.87g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 243.00mg **Iron** 2.27mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nachos Supreme MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27755
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce	135261

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	348.76
Fat	14.97g
SaturatedFat	4.70g
Trans Fat	0.27g
Cholesterol	43.12mg
Sodium	619.58mg
Carbohydrates	35.40g
Fiber	4.89g
Sugar	1.89g
Protein	17.45g
Vitamin A 610.41IU	Vitamin C 4.73mg
Calcium 174.47mg	Iron 2.49mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Country Fried Steak w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27757
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	667202
GRAVY MIX CNTRY 6-1.5 PION	1 Ounce	455555
Whole Grain Rich Clustered Pan Rolls	1 roll	3920

Preparation Instructions

Serve each steak with 1 oz. gravy and 1 each dinner roll.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	373.83		
Fat	18.63g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	700.43mg		
Carbohydrates	30.76g		
Fiber	2.50g		
Sugar	1.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.01mg	Iron	4.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sausage Gravy with Biscuit Sticks and Egg Patty

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27761
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	785880
DOUGH BISC STICK 250-1.25Z RICH	50 Each	149070
EGG PTY RND 3.5 300-1.25Z PAP	25 Each	741320

Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° or higher.

Portion: 2 biscuit sticks with 6 oz gravy and 1 sausage patty.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories 536.08

Fat 35.51g

Saturated Fat 14.55g

Trans Fat 0.00g

Cholesterol 154.43mg

Sodium 1325.02mg

Carbohydrates 29.17g

Fiber 0.00g

Sugar 2.00g

Protein 19.69g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	46.54mg	Iron	7.64mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sloppy Joe on Bun MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27769
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	

Preparation Instructions

Use a # scoop for portioning the sloppy joe.

CCP: Hold for hot service at 140° or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	293.80		
Fat	7.95g		
SaturatedFat	2.18g		
Trans Fat	0.00g		
Cholesterol	43.64mg		
Sodium	623.55mg		
Carbohydrates	36.92g		
Fiber	3.98g		
Sugar	11.93g		
Protein	18.89g		
Vitamin A	455.21IU	Vitamin C	5.95mg
Calcium	104.72mg	Iron	3.98mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cheese Lasagna

Servings:	50.00	Category:	Entree
Serving Size:	0.00 1 piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28409
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	2 3/4 Pound	108197
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	744520
CHEESE COTTAGE SML 4 4-5 GCHC	10 Pound	220051
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup	513989
CHEESE PARM GRTD 12-1 PG	7 Ounce	164259
CHEESE MOZZ SHRD 4-5 LOL	3 Pound	645170
BREAD GARL TST SLC WGRAIN 12-12CT	50 Slice	277862

Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.
- layer with 9 noodles
- layer with 2# cheese mixture
- Layer another 2 1/4 C of sauce
- repeat with noodles, cheese mixture, and sauce
- layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
- cover with plastic wrap and refrigerate overnight

Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.

CCP: Heat to 160° or higher for 15 sec.

Remove from oven and allow to sit for at least 15 min. before serving.

CCP: Hold for hot service at 135° or higher.

Cut each pan 5 X 5 (25 portions per pan)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00 1 piece

Amount Per Serving			
Calories		361.88	
Fat		12.44g	
SaturatedFat		5.63g	
Trans Fat		0.00g	
Cholesterol		26.40mg	
Sodium		626.30mg	
Carbohydrates		43.46g	
Fiber		3.95g	
Sugar		11.72g	
Protein		19.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	271.95mg	Iron	2.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

BLT Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28418
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon	429406
BACON TKY CKD 12-50CT JENNO	5 Slice	834770
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	451730
TOMATO 6X6 LRG 10 MRKN	4 Slice	199001
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 393.08

Fat 15.96g

SaturatedFat 6.37g

Trans Fat 0.00g

Cholesterol 51.26mg

Sodium 960.86mg

Carbohydrates 40.60g

Fiber 5.26g

Sugar 8.50g

Protein 21.71g

Vitamin A 1199.52IU **Vitamin C** 19.73mg

Calcium 262.41mg **Iron** 2.17mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Coleslaw

Servings:	30.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28419
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound	198226
1 % White Milk	1 Cup	3601
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup	429406
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 Tablespoon	430795
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	3 Tablespoon	842061

Preparation Instructions

CCP: Chill salad to 41° or below.

CCP: Hold for cold service at 41° or below

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

Amount Per Serving

Calories	42.24		
Fat	0.88g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	8.50mg		
Sodium	59.05mg		
Carbohydrates	7.32g		
Fiber	1.50g		
Sugar	3.42g		
Protein	1.02g		
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	27.91mg	Iron	0.02mg

*All reporting of TransFat is for information only, and is not

Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28420
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	3 1/2 Pound	560545
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Pound	451730
TOMATO GRAPE SWT 10 MRKN	1 Pound	129631
APPLE GALA MI 138CT MRKN	5 Each	569392
CUCUMBER SELECT 4-6CT MRKN	1 Pound	361510
CRANBERRY DRD 2-48Z OCSPR	48 Ounce	392313
DRESSING HNY DIJON MSTRD 4-1GAL KENS	1 Cup	188743

Preparation Instructions

Portion 1 cup in to a side salad container. Add to the Pizza Buildable clam shell.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	539.53
Fat	1.96g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	2.40mg
Sodium	50.30mg
Carbohydrates	132.25g
Fiber	1.86g
Sugar	114.57g
Protein	1.53g

Vitamin A	98.70IU	Vitamin C	1.71mg
Calcium	37.06mg	Iron	0.95mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pizza Buildable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28423
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
FLATBREAD NAAN MINI 64-1.625Z STNFIRE	1 Each	460911
PEPPERONI SLCD SAND 3.34 8/Z 5-2	8 Slice	776221
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Ounce	324531
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Ounce	466220

Preparation Instructions

CCP: Hold for cold service at 41° or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 410.00

Fat 21.75g

SaturatedFat 8.75g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 1535.00mg

Carbohydrates 32.50g

Fiber 4.00g

Sugar 6.00g

Protein 19.00g

Vitamin A 200.00IU **Vitamin C** 0.00mg

Calcium	292.00mg	Iron	1.90mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Glazed Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28426
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	834071
SUGAR BROWN LT 12-2 GFS	2 Cup	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	153550

Preparation Instructions

CCP: Hold for hot service at 135° or higher.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Amount Per Serving

Calories	70.72		
Fat	4.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.58mg		
Carbohydrates	9.22g		
Fiber	1.49g		
Sugar	6.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.05mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Italian Green Beans

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28427
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	3 #10 CAN	118737
CHEESE PARM GRTD 4-5 PG	3 Cup	445401
SEASONING GARLIC PEPR 21Z TRDE	5 Tablespoon	655252

Preparation Instructions

CCP: Hold for hot service at 135° or higher.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50

Amount Per Serving

Calories	49.87
Fat	1.80g
SaturatedFat	1.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	329.08mg
Carbohydrates	5.17g
Fiber	2.59g
Sugar	2.59g
Protein	3.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.41mg	Iron 0.52mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fruited Gelatin

Servings:	100.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28433
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 P/L	2 #10 CAN	256760
PEAR DCD XL/S 6-10 GCHC	2 #10 CAN	290203
GELATIN MIX BERRY BLUE 12-24Z GCHC	1 Package	554901
Cold Water	2 Quart	0000

Preparation Instructions

CCP: Cover and refrigerate to 41° or lower. Hold for cold service.

Notes: Any flavor gelatin may be used. Other canned fruit may be used.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50

Amount Per Serving

Calories	62.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.16mg		
Carbohydrates	16.12g		
Fiber	1.03g		
Sugar	14.57g		
Protein	0.01g		
Vitamin A	155.20IU	Vitamin C	1.86mg
Calcium	0.01mg	Iron	0.19mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Meatball Hoagie

Servings:	30.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28434
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	785860
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	744520
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 Each	276142
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	645170

Preparation Instructions

1. Portion 5 meatballs in sauce onto the bun.
2. Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

Amount Per Serving

Calories	417.70
Fat	15.79g
SaturatedFat	5.96g
Trans Fat	0.62g
Cholesterol	44.93mg
Sodium	698.79mg
Carbohydrates	45.03g
Fiber	4.75g
Sugar	12.48g
Protein	24.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.27mg	Iron 3.89mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Caesar Salad

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28437
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup	451730
CUCUMBER SELECT 4-6CT MRKN	2 1/2 Cup	361510
PEPPERS RED 5 P/L	2 1/2 Cup	597082
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 Pound	903490
CHEESE MOZZ SHRD 4-5 LOL	5 Ounce	645170
CROUTON CHS GARL WGRAIN 250-.5Z	10 Package	661022
DRESSING CAESAR REGAL 4-1GAL PMLL	1 Tablespoon	726079

Preparation Instructions

Portion into Clam shell in the following order:

Romaine lettuce - 1 C

Red pepper - 1/4 C

Cucumber - 1/4 C

Chicken - 1 1/2 oz

Cheese, mozzarella - 1/2 oz

Croutons - 1 package

Caesar Dressing - 2 oz cup

CCP: hold at or below 41°

CCP: Serve chilled at 41° or below for cold service.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving

Calories 198.76

Fat	7.19g
SaturatedFat	2.40g
Trans Fat	0.02g
Cholesterol	49.86mg
Sodium	685.66mg
Carbohydrates	16.49g
Fiber	2.38g
Sugar	4.25g
Protein	18.04g
Vitamin A	1013.59IU
Vitamin C	58.51mg
Calcium	133.64mg
Iron	1.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pasta Salad

Servings:	50.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28439

Ingredients

Description	Measurement	DistPart #
PASTA ROTINI 4-5 GCHC	50 Ounce	413360
TOMATO GRAPE SWT 10 MRKN	4 Pound	129631
PEPPERS GREEN LRG 5 MRKN	8 Ounce	592315
CUCUMBER SELECT 4-6CT MRKN	40 Ounce	361510
BROCCOLI FLORET BITE SIZE 2-3 RSS	22 Ounce	732451
DRESSING ITAL GLDN 4-1GAL GCHC	1 Quart	257885

Preparation Instructions

CCP: Refrigerate, chill to 41° within 4 hours.

CCP: Hold for cold service at 41° or lower,

Portion 1 C (8 oz spoodle or #4 disher) into a side dish container.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	194.10		
Fat	9.03g		
SaturatedFat	1.31g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	222.95mg		
Carbohydrates	26.25g		
Fiber	2.02g		
Sugar	4.56g		
Protein	4.36g		
Vitamin A	464.17IU	Vitamin C	17.01mg
Calcium	20.62mg	Iron	1.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mixed Fruit Cup

Servings:	50.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	189979
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	290203
CHERRY DK SWT 4-5 GCHC	1 Pound	221061

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

Amount Per Serving

Calories 99.74

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.35mg

Carbohydrates 24.19g

Fiber 0.96g

Sugar 20.36g

Protein 0.03g

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

Calcium 3.05mg **Iron** 0.15mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pizza The Works

Servings:	48.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28441
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN SLCD 3-3CT	48 Slice	673133
PEPPERS GREEN LRG 5 MRKN	20 Ounce	592315
MUSHROOM LRG XFCY 3 MRKN	10 Ounce	285188
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	3 Cup	324531
PORK CRMBL CKD 120/Z W/TVP 10 PG	24 Ounce	499595

Preparation Instructions

Sprinkle vegetables and pork crumbles evenly over 4 whole pizzas.

Cook pizzas according to package directions.

CCP: hold for hot service at 135° or higher.

May be served with sliced banana peppers on the side.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

Amount Per Serving

Calories 398.07

Fat 18.82g

SaturatedFat 8.76g

Trans Fat 0.00g

Cholesterol 49.38mg

Sodium 684.69mg

Carbohydrates 36.60g

Fiber 4.36g

Sugar 6.53g

Protein 20.44g

Vitamin A	117.67IU	Vitamin C	9.84mg
Calcium	319.24mg	Iron	3.66mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes