

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

# Table of Contents

**Chicken Biscuit Sandwich**

**Breakfast Egg Sandwich**

**Breakfast Fruit Juice**

**Milk, Variety**

**Assorted Cereal Bars**

**Assorted Cereal**

**HS Assorted Fruit**

**Applesauce Cup, Assorted Flavors**

**Assorted Cereal Pouches**

**Assorted Graham Packets**

**Yogurt Middle/High Schools**

**Yogurt Elementary Schools**

**Cheese Pizza**

**Pepperoni Pizza-Big Daddy**

**Spicy Chicken Patty Sandwich Middle/High Schools**

**Assorted Cereal Bowls Elementary**

**Grilled Cheese Sandwich w/Tomato Soup K-6**

**Baby Carrots W/Dip**

**MS HS Crispy Chicken Sandwich**

**Peanut Butter and Jelly Sandwich**

**Hot Ham and Cheese Sandwich**

**Hot Ham and Cheese Sandwich Elem**

**Uncrustable w/ Goldfish Crax**

**Roasted Broccoli**

**Side Salad**

**Peanut Butter and Jelly Sandwich w/Goldfish Crax**

**Broccoli with Cheese Sauce**

**Fresh Grapes**

**Corn, frozen**

**Seasoned Green Beans**

**Orange Wedges**

**Pizza Indiv. Round**

**Pizza Slice**

**Fish Nuggets w/Onion Rings**

**Baked Cinnamon Apples**

**Fresh Apple Slices**

**Veggie Cruncher Cup w/Dip**

**Egg Grab and Go CBIS**

**Turkey and Noodles w/Bread**

**Mashed Potatoes**

**Peaches, diced**

**BBQ Rib Sandwich**

**Fruit and Veggie Bar**

**Crispy Chicken Bacon Ranch Wrap**

**Dill Chicken Sandwich**

**Shredded Pork BBQ Sandwich**

**White Mac and Cheese Bowl**

**Taco Salad**

**Elementary Walking Taco**

**Walking Taco**

**Turkey Manhattan**

**Orange Chicken with Rice and Eggroll**

**Turkey Club Sub Sandwich**

**Cheeseburger on Bun**

**Chef Salad**

**Crispy Chicken and Waffle**

**Chicken Fajitas with Rice**

**Burrito Bowl**

**Broccoli Salad**

**Salad with Popcorn Chicken**

**Salad with Spicy Chicken**

**Italian Sub Sandwich**

**Hamburger on Bun**

**Nachos Supreme**

**Chicken Nuggets w/Roll**

**Sloppy Joe on Bun**

**Crispy Chicken Patty Sandwich**

**Hot Dog on Bun**

**Sausage Gravy with Biscuit Sticks**

**Deli Wrap**

**Crispy Chicken Smackers with a Roll**

**BBQ Sandwich**

**Deli Wrap MS/HS**

**Nachos Supreme MS/HS**

**Country Fried Steak w/ Roll**

**Sausage Gravy with Biscuit Sticks and Egg Patty**

**Sloppy Joe on Bun MS/HS**

**Cheese Lasagna**

**BLT Wrap**

**Coleslaw**

**Spinach Salad**

**Pizza Buildable**

**Glazed Carrots**

**Italian Green Beans**

**Fruited Gelatin**

**Meatball Hoagie**

**Chicken Caesar Salad**

**Pasta Salad**

**Mixed Fruit Cup**

**Pizza The Works**

**Chicken Alfredo w/Bread stick**

**Rotini with Meat Sauce and Garlic Toast**

**Fruit and Yogurt Parfait**

**Refried Beans with Cheese**

**Elem Fresh Fruit Friday**

# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22379
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	42.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.16mg

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

# Breakfast Egg Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22381
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	156.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	99.00mg		
<b>Sodium</b>	246.00mg		
<b>Carbohydrates</b>	15.40g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	3.20g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.00mg	<b>Iron</b>	0.00mg

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# Breakfast Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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

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# Milk, Variety

<b>Servings:</b>	6.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

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

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# Assorted Cereal Bars

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	155.00		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	127.50mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	10.67g		
<b>Protein</b>	2.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	183.33mg	<b>Iron</b>	1.65mg

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# Assorted Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# HS Assorted Fruit

<b>Servings:</b>	9.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22425

## Ingredients

Description	Measurement	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each	597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each	198021
PEAR 95-110CT MRKN	1 Each	198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3/4 Cup	621420
PEAR DCD IN JCE 6-10 GCHC	3/4 Cup	610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	3/4 Cup	509221
ORANGES MAND BRKN L/S 6-10 GCHC	3/4 Cup	152811
PEACH DCD XL/S 6-10 GCHC	3/4 Cup	268348

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.75
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	92.17		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.83mg		
<b>Carbohydrates</b>	22.62g		
<b>Fiber</b>	2.62g		
<b>Sugar</b>	14.79g		
<b>Protein</b>	0.93g		
<b>Vitamin A</b>	62.07IU	<b>Vitamin C</b>	11.50mg

**Calcium** 17.73mg **Iron** 0.49mg

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# Applesauce Cup, Assorted Flavors

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.20		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.40mg		
<b>Carbohydrates</b>	13.40g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	7.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	40.20mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg

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# Assorted Cereal Pouches

<b>Servings:</b>	6.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 Pouch	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 1 Pouch

#### Amount Per Serving

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

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# Assorted Graham Packets

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 1 each

#### Amount Per Serving

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

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# Yogurt Middle/High Schools

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Yogurt Elementary Schools

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Pepperoni Pizza-Big Daddy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

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

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# Spicy Chicken Patty Sandwich Middle/High Schools

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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# Assorted Cereal Bowls Elementary

<b>Servings:</b>	11.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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 REESEES 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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Bowl

<b>Amount Per Serving</b>	
<b>Calories</b>	110.00
<b>Fat</b>	1.45g
<b>SaturatedFat</b>	0.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	138.18mg
<b>Carbohydrates</b>	23.27g

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

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# Grilled Cheese Sandwich w/Tomato Soup K-6

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	20.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.26
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1700.00
<b>Fat</b>	31.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	2800.00mg
<b>Carbohydrates</b>	279.00g
<b>Fiber</b>	22.00g
<b>Sugar</b>	41.50g
<b>Protein</b>	74.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1025.00mg	<b>Iron</b> 15.12mg

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# Baby Carrots W/Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	174.70		
<b>Fat</b>	16.34g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	235.49mg		
<b>Carbohydrates</b>	8.84g		
<b>Fiber</b>	3.13g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	0.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.66mg	<b>Iron</b>	0.38mg

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# MS HS Crispy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Peanut Butter and Jelly Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Hot Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	130.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 0.36mg

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

# Hot Ham and Cheese Sandwich Elem

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	870.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	0.36mg

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# Uncrustable w/ Goldfish Crax

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	19.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	46.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.50mg	<b>Iron</b>	1.72mg

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# Roasted Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.63
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.82
<b>Fat</b>	2.24g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	57.52mg
<b>Carbohydrates</b>	4.44g
<b>Fiber</b>	2.54g



<b>Sugar</b>	0.84g
<b>Protein</b>	2.54g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.55mg	<b>Iron</b> 0.85mg

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

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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# Broccoli with Cheese Sauce

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.08		
<b>Fat</b>	0.42g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.25mg		
<b>Sodium</b>	32.92mg		
<b>Carbohydrates</b>	3.54g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.29mg	<b>Iron</b>	0.67mg

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

# Fresh Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.27
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

#### Amount Per Serving

<b>Calories</b>	45.58		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.35mg		
<b>Carbohydrates</b>	11.88g		
<b>Fiber</b>	0.59g		
<b>Sugar</b>	10.80g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	68.04IU	<b>Vitamin C</b>	2.72mg
<b>Calcium</b>	9.53mg	<b>Iron</b>	0.20mg

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# Corn, frozen

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

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# Seasoned Green Beans

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	32.84		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	227.15mg		
<b>Carbohydrates</b>	6.59g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	3.24g		
<b>Protein</b>	1.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.70mg	<b>Iron</b>	0.65mg

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

# Orange Wedges

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.69
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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



# Pizza Indiv. Round

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	270.00mg	<b>Iron</b>	1.90mg

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

# Pizza Slice

<b>Servings:</b>	192.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	35.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	261.50mg	<b>Iron</b>	2.85mg

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

# Fish Nuggets w/Onion Rings

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Piece

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	51.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	2.58mg

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

# Baked Cinnamon Apples

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

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

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

# Fresh Apple Slices

<b>Servings:</b>	130.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 Piece

#### Amount Per Serving

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

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

# Veggie Cruncher Cup w/Dip

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.28
<b>OtherVeg</b>	0.34
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	157.77		
<b>Fat</b>	16.12g		
<b>SaturatedFat</b>	2.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	177.06mg		
<b>Carbohydrates</b>	5.15g		
<b>Fiber</b>	0.93g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	1134.86IU	<b>Vitamin C</b>	75.16mg
<b>Calcium</b>	10.10mg	<b>Iron</b>	0.30mg

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

# Egg Grab and Go CBIS

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	370.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	2.40mg

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# Turkey and Noodles w/Bread

<b>Servings:</b>	112.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	244.67		
<b>Fat</b>	6.38g		
<b>SaturatedFat</b>	1.66g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	62.55mg		
<b>Sodium</b>	544.29mg		
<b>Carbohydrates</b>	25.07g		
<b>Fiber</b>	1.36g		
<b>Sugar</b>	1.36g		
<b>Protein</b>	22.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.57mg	<b>Iron</b>	3.16mg

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



# Mashed Potatoes

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	187.11		
<b>Fat</b>	3.25g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	699.16mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	2.22g		
<b>Protein</b>	4.44g		
<b>Vitamin A</b>	70.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	0.80mg

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# Peaches, diced

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.54
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	40.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	11.08mg

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# Fruit and Veggie Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.71
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.24
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	44.39
<b>Fat</b>	0.27g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	42.40mg
<b>Carbohydrates</b>	9.70g
<b>Fiber</b>	3.61g
<b>Sugar</b>	4.92g

<b>Protein</b>	2.73g
<b>Vitamin A</b> 1065.18IU	<b>Vitamin C</b> 82.20mg
<b>Calcium</b> 52.01mg	<b>Iron</b> 1.20mg

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# Crispy Chicken Bacon Ranch Wrap

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

## Ingredients

Description	Measurement	DistPart #
CHIX TNDR 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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.55
<b>Grain</b>	3.26
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	574.00
<b>Fat</b>	29.60g
<b>SaturatedFat</b>	9.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.00mg
<b>Sodium</b>	1034.00mg
<b>Carbohydrates</b>	44.50g

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

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

# Dill Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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



# Shredded Pork BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# White Mac and Cheese Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.21
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	554.98		
<b>Fat</b>	23.52g		
<b>SaturatedFat</b>	9.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	104.47mg		
<b>Sodium</b>	1866.89mg		
<b>Carbohydrates</b>	57.82g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	30.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	1.44mg

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

# Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25910
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.25

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	425.13		
<b>Fat</b>	19.46g		
<b>SaturatedFat</b>	8.14g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	52.08mg		
<b>Sodium</b>	534.16mg		
<b>Carbohydrates</b>	42.12g		
<b>Fiber</b>	6.51g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.32g		
<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	288.87mg	<b>Iron</b>	1.86mg

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

# Elementary Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25911
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.49
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25912
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	530.28
<b>Fat</b>	32.09g
<b>SaturatedFat</b>	10.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	52.08mg
<b>Sodium</b>	744.16mg
<b>Carbohydrates</b>	41.15g
<b>Fiber</b>	3.76g
<b>Sugar</b>	3.76g

<b>Protein</b>	21.58g		
<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	326.87mg	<b>Iron</b>	1.26mg

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



# Turkey Manhattan

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25951

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	14 Pound	653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	42 Ounce	166872
24 oz. Whole Grain Rich Sandwich Bread	112 Slice	1292
MARGARINE CUP SPRD 900-5GM CNTRYCR	56 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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	354.23		
<b>Fat</b>	10.23g		
<b>SaturatedFat</b>	1.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.27mg		
<b>Sodium</b>	986.15mg		
<b>Carbohydrates</b>	41.62g		
<b>Fiber</b>	2.92g		
<b>Sugar</b>	2.92g		
<b>Protein</b>	25.15g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	3.32mg
<b>Calcium</b>	26.46mg	<b>Iron</b>	8.68mg

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

# Orange Chicken with Rice and Eggroll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	668.67		
<b>Fat</b>	8.60g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.15mg		
<b>Sodium</b>	635.54mg		
<b>Carbohydrates</b>	120.64g		
<b>Fiber</b>	5.05g		
<b>Sugar</b>	16.33g		
<b>Protein</b>	25.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	152.20mg	<b>Iron</b>	6.90mg

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

# Turkey Club Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.63
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	7.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	27.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.00mg	<b>Iron</b>	3.80mg

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# Chef Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce	554693

## 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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50

<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	399.78
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	4.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	106.54mg
<b>Sodium</b>	594.85mg
<b>Carbohydrates</b>	52.88g
<b>Fiber</b>	4.48g
<b>Sugar</b>	28.54g
<b>Protein</b>	17.26g

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<b>Vitamin A</b>	4269.29IU	<b>Vitamin C</b>	7.55mg
<b>Calcium</b>	263.68mg	<b>Iron</b>	1.88mg

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# Crispy Chicken and Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Chicken Fajitas with Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	378.61
<b>Fat</b>	10.07g
<b>SaturatedFat</b>	5.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.79mg
<b>Sodium</b>	871.28mg
<b>Carbohydrates</b>	46.68g
<b>Fiber</b>	2.80g
<b>Sugar</b>	3.14g
<b>Protein</b>	26.11g



<b>Vitamin A</b>	910.98IU	<b>Vitamin C</b>	46.31mg
<b>Calcium</b>	160.12mg	<b>Iron</b>	3.11mg

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# Burrito Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25977
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	588.18
<b>Fat</b>	9.28g
<b>SaturatedFat</b>	4.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.46mg
<b>Sodium</b>	843.37mg
<b>Carbohydrates</b>	99.06g
<b>Fiber</b>	9.52g

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

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# Broccoli Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25979
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	89.30
<b>Fat</b>	2.06g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.80mg
<b>Sodium</b>	106.64mg
<b>Carbohydrates</b>	16.78g
<b>Fiber</b>	2.46g
<b>Sugar</b>	8.93g
<b>Protein</b>	2.71g

<b>Vitamin A</b>	473.74IU	<b>Vitamin C</b>	68.16mg
<b>Calcium</b>	42.72mg	<b>Iron</b>	0.86mg

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# Salad with Popcorn Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25994
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	704.20
<b>Fat</b>	35.30g
<b>SaturatedFat</b>	8.95g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	1169.90mg
<b>Carbohydrates</b>	72.00g
<b>Fiber</b>	10.90g
<b>Sugar</b>	30.50g
<b>Protein</b>	29.50g

<b>Vitamin A</b>	1099.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	177.60mg	<b>Iron</b>	2.77mg

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

# Salad with Spicy Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25995
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	633.80
<b>Fat</b>	34.45g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	78.00mg
<b>Sodium</b>	1041.20mg
<b>Carbohydrates</b>	59.50g
<b>Fiber</b>	10.00g
<b>Sugar</b>	19.50g



<b>Protein</b>	26.80g
<b>Vitamin A</b> 968.82IU	<b>Vitamin C</b> 18.22mg
<b>Calcium</b> 173.28mg	<b>Iron</b> 3.02mg

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

# Italian Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25996
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.12
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.60
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	360.29
<b>Fat</b>	12.88g
<b>SaturatedFat</b>	5.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.72mg
<b>Sodium</b>	834.88mg
<b>Carbohydrates</b>	35.97g
<b>Fiber</b>	4.57g
<b>Sugar</b>	7.93g
<b>Protein</b>	24.31g

<b>Vitamin A</b>	949.64IU	<b>Vitamin C</b>	14.80mg
<b>Calcium</b>	135.80mg	<b>Iron</b>	10.63mg

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

# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Nachos Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	262.97		
<b>Fat</b>	10.82g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	64.82mg		
<b>Sodium</b>	627.27mg		
<b>Carbohydrates</b>	22.66g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	145.60mg	<b>Iron</b>	1.38mg

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

# Chicken Nuggets w/Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 108.00mg
<b>Calcium</b> 68.00mg	<b>Iron</b> 2.08mg

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

# Sloppy Joe on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

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

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

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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



# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# Sausage Gravy with Biscuit Sticks

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.64
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

# Crispy Chicken Smackers with a Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

# Deli Wrap MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27754
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	353.05
<b>Fat</b>	16.63g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.77mg
<b>Sodium</b>	1003.08mg
<b>Carbohydrates</b>	30.25g
<b>Fiber</b>	2.50g
<b>Sugar</b>	2.75g
<b>Protein</b>	23.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	243.00mg	<b>Iron</b>	2.27mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Nachos Supreme MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27755
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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



# Country Fried Steak w/ Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27757
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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# Sausage Gravy with Biscuit Sticks and Egg Patty

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27761
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	536.08
<b>Fat</b>	35.51g
<b>SaturatedFat</b>	14.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	154.43mg
<b>Sodium</b>	1325.02mg
<b>Carbohydrates</b>	29.17g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.69g

<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.54mg	<b>Iron</b>	7.64mg

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# Sloppy Joe on Bun MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27769
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Cheese Lasagna

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28409
<b>School:</b>	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)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00 1 piece

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

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# BLT Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28418
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	393.08
<b>Fat</b>	15.96g
<b>SaturatedFat</b>	6.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.26mg
<b>Sodium</b>	960.86mg
<b>Carbohydrates</b>	40.60g
<b>Fiber</b>	5.26g
<b>Sugar</b>	8.50g
<b>Protein</b>	21.71g
<b>Vitamin A</b> 1199.52IU	<b>Vitamin C</b> 19.73mg

**Calcium** 262.41mg **Iron** 2.17mg

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# Coleslaw

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28419
<b>School:</b>	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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

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

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



# Spinach Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28420
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	539.53
<b>Fat</b>	1.96g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.40mg
<b>Sodium</b>	50.30mg
<b>Carbohydrates</b>	132.25g
<b>Fiber</b>	1.86g
<b>Sugar</b>	114.57g
<b>Protein</b>	1.53g

<b>Vitamin A</b>	98.70IU	<b>Vitamin C</b>	1.71mg
<b>Calcium</b>	37.06mg	<b>Iron</b>	0.95mg

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# Pizza Buildable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28423
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	410.00
<b>Fat</b>	21.75g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	1535.00mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	292.00mg	<b>Iron</b>	1.90mg
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# Glazed Carrots

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28426
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Italian Green Beans

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28427
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50

#### Amount Per Serving

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

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# Fruited Gelatin

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

## Ingredients

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	67.60		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.75mg		
<b>Carbohydrates</b>	16.12g		
<b>Fiber</b>	0.52g		
<b>Sugar</b>	13.54g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.01mg	<b>Iron</b>	0.00mg

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

# Meatball Hoagie

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

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

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# Chicken Caesar Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28437
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	198.76
<b>Fat</b>	7.19g
<b>SaturatedFat</b>	2.40g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	49.86mg
<b>Sodium</b>	685.66mg
<b>Carbohydrates</b>	16.49g
<b>Fiber</b>	2.38g
<b>Sugar</b>	4.25g
<b>Protein</b>	18.04g

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<b>Vitamin A</b>	1013.59IU	<b>Vitamin C</b>	58.51mg
<b>Calcium</b>	133.64mg	<b>Iron</b>	1.20mg

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# Pasta Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

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# Mixed Fruit Cup

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

## Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	268348
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	290203
CHERRY DK SWT 4-5 GCHC	1 Pound	221061
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	509221

## Preparation Instructions

Portion into clear cups.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.70
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	69.15		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	16.54g		
<b>Fiber</b>	0.58g		
<b>Sugar</b>	13.87g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.35mg	<b>Iron</b>	0.00mg

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# Pizza The Works

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28441
<b>School:</b>	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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	398.07
<b>Fat</b>	18.82g
<b>SaturatedFat</b>	8.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.38mg
<b>Sodium</b>	684.69mg
<b>Carbohydrates</b>	36.60g
<b>Fiber</b>	4.36g
<b>Sugar</b>	6.53g
<b>Protein</b>	20.44g

<b>Vitamin A</b>	117.67IU	<b>Vitamin C</b>	9.84mg
<b>Calcium</b>	319.24mg	<b>Iron</b>	3.66mg

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# Chicken Alfredo w/Bread stick

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28449
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	92 3/4 Ounce	235631
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Ounce	570533
PASTA ROTINI 4-5 GCHC	40 Ounce	413360
BREADSTICK WHT WHE PARBK 200-.9Z	35 Each	622082

## Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce sauce mix on top of the pasta.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	363.65
<b>Fat</b>	12.76g
<b>SaturatedFat</b>	6.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.93mg
<b>Sodium</b>	618.43mg
<b>Carbohydrates</b>	40.22g
<b>Fiber</b>	2.14g
<b>Sugar</b>	1.14g
<b>Protein</b>	23.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	321.22mg	<b>Iron</b>	2.32mg
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# Rotini with Meat Sauce and Garlic Toast

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.44	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28450
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	728590
BREAD GARL TX TST SLC 12-12CT GCHC	64 Slice	611910

## Preparation Instructions

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

Serve 7.44 oz (by weight) using a heaping #6 disher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 7.44

#### Amount Per Serving

<b>Calories</b>	476.53
<b>Fat</b>	25.13g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	1.01g
<b>Cholesterol</b>	54.44mg
<b>Sodium</b>	890.89mg
<b>Carbohydrates</b>	41.19g
<b>Fiber</b>	4.03g
<b>Sugar</b>	9.06g
<b>Protein</b>	21.15g
<b>Vitamin A</b> 617.94IU	<b>Vitamin C</b> 23.19mg
<b>Calcium</b> 61.44mg	<b>Iron</b> 4.02mg

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# Fruit and Yogurt Parfait

<b>Servings:</b>	32.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28453
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
BERRIES BURST O IQF 4-5 GCHC	5 Pound	244620
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Pound	711664

## Preparation Instructions

Build parfait by alternating layers: 2 oz yogurt, 1/2 C (4 oz) fruit and 1 Tbsp granola into a container.

Use container 551937

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	76.18		
<b>Fat</b>	0.83g		
<b>SaturatedFat</b>	0.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	37.77mg		
<b>Carbohydrates</b>	15.54g		
<b>Fiber</b>	0.91g		
<b>Sugar</b>	10.08g		
<b>Protein</b>	2.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.38mg	<b>Iron</b>	0.21mg

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# Refried Beans with Cheese

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28454
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Package	668341
Cold Water	1 Gallon	0000
CHEESE MOZZ SHRD 4-5 LOL	12 Ounce	645170

## Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	206.43		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	1.31g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.63mg		
<b>Sodium</b>	240.18mg		
<b>Carbohydrates</b>	30.59g		
<b>Fiber</b>	10.79g		
<b>Sugar</b>	0.38g		
<b>Protein</b>	13.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.95mg
<b>Calcium</b>	131.42mg	<b>Iron</b>	2.48mg

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



# Elem Fresh Fruit Friday

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28512
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each	597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each	198021
PEAR 95-110CT MRKN	1 Each	198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.75
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	90.70		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.13mg		
<b>Carbohydrates</b>	23.50g		
<b>Fiber</b>	4.18g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	139.66IU	<b>Vitamin C</b>	25.87mg
<b>Calcium</b>	26.40mg	<b>Iron</b>	0.25mg

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