

Cookbook for CUYAHOGA FALLS HIGH SCHOOL

Created by HPS Menu Planner

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Fish Sticks

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-210
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	400 Each	4 sticks per serving	715051

Preparation Instructions

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN:
BAKE AT 425°F FOR 16-18 MINUTES.

CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	400.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

Criss-Cross Sweet Potato Fries

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-213
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT CRISSCUT 5-3 LAMB	15 Pound	3 oz. serving.	799700
SPICE CINN-MAPL SPRINKLE 29Z TRDE	3 Teaspoon		565911

Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
 2. Bake for about 20-30 minutes in a 350 F. oven
 3. Be careful not to burn.
- 1 case equals 80 3 oz. servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	450.00		
Fat	18.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	510.00mg		
Carbohydrates	69.15g		
Fiber	6.00g		
Sugar	15.15g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.35mg

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Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-217
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	100 Each		690130
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
TACO FILLING BEEF REDC FAT 6-5 COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	2.53
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.83
Fat	14.40g
SaturatedFat	7.04g
Trans Fat	0.27g
Cholesterol	52.32mg
Sodium	581.18mg
Carbohydrates	31.37g
Fiber	4.56g
Sugar	5.23g
Protein	21.26g

Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	275.83mg	Iron	3.45mg

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Grilled Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-224
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
MARGARINE &BTR BLND EURO 36-1	2 Cup		121160
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	392.00
Fat	23.84g
SaturatedFat	10.80g
Trans Fat	1.12g
Cholesterol	50.00mg
Sodium	1070.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 160.00IU	Vitamin C 0.01mg
Calcium 402.00mg	Iron 2.00mg

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Stuffed Crust Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-226
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	72 Each	One case has 72 servings.	259910

Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	700.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

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Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-228
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	400 Each	Serve 4 per order	281831

Preparation Instructions

Basic Preparation:

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

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 4 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.80
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	192.00
Fat	11.20g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	352.00mg
Carbohydrates	12.80g
Fiber	2.40g
Sugar	0.80g

Protein	11.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 1.52mg

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Deli Roasters

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-229
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	18 3/4 Pound	3 oz. per order	726590

Preparation Instructions

BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	98.04		
Fat	1.96g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.75mg		
Carbohydrates	18.63g		
Fiber	1.96g		
Sugar	0.00g		
Protein	2.94g		
Vitamin A	0.00IU	Vitamin C	4.71mg
Calcium	0.00mg	Iron	0.71mg

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Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-230
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/CHER 2.4Z 6-5 COMM	100 Each		785820
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350*F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	303.55		
Fat	16.05g		
SaturatedFat	5.73g		
Trans Fat	0.90g		
Cholesterol	60.13mg		
Sodium	486.25mg		
Carbohydrates	21.01g		
Fiber	4.00g		
Sugar	4.01g		
Protein	19.03g		
Vitamin A	28.00IU	Vitamin C	0.00mg
Calcium	38.82mg	Iron	3.00mg

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Chicken Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-231
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING MESQ HRB&FAJITA 22Z TRDE	3 Teaspoon		527971
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	12 1/2 Pound	2 oz. per serving Use a # 16 scoop.	570533
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon	Use 1 oz. per serving.	150250
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	100 Each		690130

Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165* F.

Meal Components (SLE)

Amount Per Serving

Meat	1.97
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	307.37
Fat	13.09g
SaturatedFat	6.34g
Trans Fat	0.00g
Cholesterol	55.87mg
Sodium	397.68mg
Carbohydrates	25.35g
Fiber	2.02g
Sugar	2.00g
Protein	20.48g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	232.03mg	Iron	1.85mg
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Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-232
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	1/2 Cup	1/2 cup serving	355490

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145* F.)

Green Beans can be cooked in the Cooker/warmers Timing will vary. Cool until internal temperature reaches 14°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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French Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-233
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	1 piece per serving	646262

Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.
Bake in a 350* F. oven for 5-7 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	290.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.00mg

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Fiesta Black Beans

Servings:	27.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-234
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	108 Fluid Ounce	27 4 oz. servings per CAN.	581180

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

**Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	460.00mg		
Carbohydrates	22.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	2.00mg

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Calzone with Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	790.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	10.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 381.00mg	Iron 2.00mg

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Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-236
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	340.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	595.00mg		
Carbohydrates	34.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	55.00mg	Iron	3.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Crinkle Cut Baked Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	25 Pound	100 orders equals 5 - 5# bags. 1 order equals 4 oz. serving	200697

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	181.82		
Fat	4.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.40mg		
Carbohydrates	26.26g		
Fiber	4.04g		
Sugar	0.00g		
Protein	2.02g		
Vitamin A	0.00IU	Vitamin C	7.27mg
Calcium	0.00mg	Iron	0.73mg

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

Curly Twister Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-238
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	25 Pound	4 oz. per serving 5 bags per 100 orders	182600

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.89

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	213.33		
Fat	10.67g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	568.89mg		
Carbohydrates	26.67g		
Fiber	3.56g		
Sugar	1.78g		
Protein	3.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.42mg

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

Sweet Potato Crinkle Cut Fries

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIBCUT 3-5 LAMB	15 Pound	3 oz. per serving	192381
SPICE CINN-MAPL SPRINKLE 29Z TRDE	3 Teaspoon		565911

Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	168.64
Fat	7.99g
SaturatedFat	0.44g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	443.79mg
Carbohydrates	22.34g
Fiber	1.78g
Sugar	5.48g
Protein	0.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.40mg	Iron 0.71mg

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

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-240
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	4 Ounce		201081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.66

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	185.43		
Fat	6.62g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.96mg		
Carbohydrates	29.14g		
Fiber	3.97g		
Sugar	0.00g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	4.77mg
Calcium	0.00mg	Iron	0.95mg

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

Black Pepper Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-242
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES PEPPERED 6-5 X-TREME	18 3/4 Pound	3 oz. per serving	190918

Preparation Instructions

CONVECTION:

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

Place 4 oz. fries per order into a boat.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	490.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Triangle Hash Browns

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	30 Pound	1 case has 120 orders	265659

Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400* F. for about 13 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.45

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	195.56		
Fat	9.78g		
SaturatedFat	3.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	462.22mg		
Carbohydrates	24.00g		
Fiber	1.78g		
Sugar	0.89g		
Protein	1.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.78mg	Iron	0.89mg

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

Mini Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-245

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	500 Each	5 pieces per serving.	497360

Preparation Instructions

Basic Preparation

REHEATING FROM THAWED STATE IS RECCOMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	1.67
Grain	1.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	225.00		
Fat	10.00g		
SaturatedFat	3.13g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	400.00mg		
Carbohydrates	25.00g		
Fiber	1.25g		
Sugar	6.25g		
Protein	7.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.50mg	Iron	1.88mg

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

Mixed Green Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-256
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
TOMATO GRAPE SWT 10 MRKN	200 Each	2 each serving	129631

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

NOTE: One cup of lettuce greens equals 1/ cup SLE serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	26.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	5.50g		
Fiber	2.10g		
Sugar	3.50g		
Protein	1.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	25.00mg	Iron	0.61mg

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

Drum Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-257
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece		603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		220.00	
Fat		13.00g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydrates		6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Brown Rice

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-258
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	100 4oz		516371

Preparation Instructions

Directions:

- 1/2 Gallon of dried rice.
- 1 gallon of water.

This makes 70 #8 scoop orders.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

French Bread Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-259
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	100 Each		154321

Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	440.00mg
Carbohydrates	33.00g
Fiber	0.00g
Sugar	4.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 2.60mg

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

Popcorn Chicken Bites

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-260
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	11 pieces per serving	327120

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

One case serves 155 orders.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	0.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	14.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 33.00mg **Iron** 2.00mg

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

Mac & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	100 Cup	1 bag = 13 orders.	527582

Preparation Instructions

Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANNED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

** The sturdy bags can be heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165* F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.91		
Fat	16.42g		
SaturatedFat	7.46g		
Trans Fat	0.00g		
Cholesterol	37.31mg		
Sodium	1000.00mg		
Carbohydrates	43.28g		
Fiber	2.99g		
Sugar	8.96g		
Protein	25.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	608.96mg	Iron	1.49mg

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

Lasagna Roll-ups

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-262
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	114 2/3 Ounce	Use one can.	592714
LASAGNA ROLL-UP WGRAIN 110-4.3Z	110 Each		234041

Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350* F. for about 35 minutes.
5. serve in a boat

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	251.17
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	492.01mg
Carbohydrates	30.49g
Fiber	2.74g
Sugar	6.49g
Protein	15.74g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 305.96mg	Iron 1.08mg

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

Garlic Bread

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-263
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	1 piece per order	277862

Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	1.00mg

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

Chicken Strips

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-264
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	300 Piece		283951

Preparation Instructions

Basic Preparation

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

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

Orange

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-267
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	100 Each		198005

Preparation Instructions

Slice into wedges.

1/2 an orange equals 1 serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Fresh Blueberry Cup

Servings:	120.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-268
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	120 1/2 cup	1/2 cup per serving	764740

Preparation Instructions

Serving

1/2 cup #8 scoop

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
CORN FZ 30 COMM	100 #8 Scoop		120490

Preparation Instructions

In a large Roaster add (About 3 gallons) frozen corn, 1/2 gallon of water and 1/4 block of Margarine.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	75.00		
Fat	1.88g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.80mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

BBQ Meatball Bowl (MS)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-396
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	500 Each	5 meatballs per serving	785860
SAUCE BBQ PIT STYL BSE 4-1GAL GCHC	1/2 Gallon		810301

Preparation Instructions

Bake or steam meatballs until temperature reaches 165* F.

Stir in 1/2 gallon of BBQ sauce.

Serving with a pretzel stick.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.86		
Fat	11.25g		
SaturatedFat	4.38g		
Trans Fat	0.75g		
Cholesterol	45.00mg		
Sodium	486.82mg		
Carbohydrates	16.45g		
Fiber	1.25g		
Sugar	9.53g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.75mg	Iron	1.25mg

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

Soft Pretzel

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-397
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT 180-1Z J&J	100 Each	1 pretzel per serving	607940

Preparation Instructions

Serve at room temperature or keep warm in the warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	70.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Meatloaf With Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-398
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece		765641

Preparation Instructions

BAKE

This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

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

Sausage Links

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-399
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK CKD .67Z 12 GCHC	200 Each	2 each per serving	509781

Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165* F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	60.00		
Fat	3.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	173.33mg		
Carbohydrates	0.67g		
Fiber	0.00g		
Sugar	0.67g		
Protein	7.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Celery & Carrot Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-400
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	4 Ounce	2 oz. celery 2 oz. carrots	302198
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	1 cup each per serving	499521

Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.57
RedVeg	0.57
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	104.29		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.71mg		
Carbohydrates	11.86g		
Fiber	2.29g		
Sugar	6.43g		
Protein	1.14g		
Vitamin A	9714.29IU	Vitamin C	5.49mg
Calcium	65.71mg	Iron	0.41mg

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

Chicken Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	96 Each	1 per serving serve with Salsa	231750

Preparation Instructions

Ovens will vary. Please adjust time and temperature accordingly. Refrigerate or discard and unused portions. Convection oven: Preheat oven to 375F. Bake on parchment paper lined pan 14-19 minutes. Conventional oven: Preheat oven to 400F. Bake on parchment paper lined pan 14-19 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	660.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.90mg

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

Fresh Cooked Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	100 #8 Scoop		150390
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

Preparation Instructions

In a roaster pan add carrots, 1/4 block margarine.

Steam or baked until internal temperature reaches 145* F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	31.00		
Fat	1.44g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	47.40mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Hot Dog (TURKEY) on a bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each		564053
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882

Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, OR PLACE ON A SHEET TRAY AND OVEN ROASTED TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	131.30		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	127.60mg		
Carbohydrates	25.01g		
Fiber	5.00g		
Sugar	3.00g		
Protein	5.07g		
Vitamin A	0.00IU	Vitamin C	0.09mg
Calcium	40.40mg	Iron	1.09mg

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

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-411
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	50 Cup	one can has 27 servings 100 servings = 3.50 cans	520098

Preparation Instructions

EAT & SERVE. WARM IN 350* OVEN FOR 30 MIN,IF DESIRED. CAN BE USED AS AN INGREDIENT IN OTHER RECIPES ALSO. CONTAINS: NAVY BEANS W/BACON IN BROWN SUGAR SAUCE. HOLDS WELL IN STEAMTABLE.

CONTAINS PORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Cornbread Muffin

Servings:	72.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-412
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	72 Each	One case = 72 servings	159791

Preparation Instructions

Thaw & Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	90.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.00mg

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

Boneless Wings with dipping sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-413
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each	5 per serving	561301
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	0/1 Fluid Ounce	2 oz. each order	704229

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 min

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	9.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	337.60mg
Carbohydrates	13.00g
Fiber	3.00g
Sugar	1.00g
Protein	18.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-415
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES NO MILK 6-5.75 GCHC	3 Quart	1 full can = 3 quarts	118508
Tap Water for Recipes	11 1/2 Quart	UNPREPARED	000001WTR
MARGARINE UNSLTD SLD 30-1# P/L	2 1/11 Cup	2.09 cups = 1-1# block	425561
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR WHITE GRND 5 TRDE	1 Teaspoon		777099

Preparation Instructions

1. In a large mixer add 1 can of dry granulated potatoes.
2. Add 11.5 quarts of Boiling water (be careful)
3. add Margarine
4. Salt & Pepper
5. Mix well

Hold in the warmer at 140* F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.22
Fat	3.68g
SaturatedFat	0.67g
Trans Fat	1.00g
Cholesterol	0.00mg
Sodium	37.84mg
Carbohydrates	17.27g
Fiber	1.92g
Sugar	0.00g

Protein	1.92g		
Vitamin A	167.20IU	Vitamin C	0.00mg
Calcium	9.61mg	Iron	0.29mg

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

Breakfast Pizza

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-418
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	50 Each		160432

Preparation Instructions

Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	1.90mg

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

Yogurt & Graham Crisps

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-419
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	50 Each	READY_TO_EAT Ready to eat single serving	551760
CRACKER GRHM BUG BITES 210CT KEEB	50 Package		859560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	180.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	17.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.70mg

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

Mini Waffles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-420
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	50 Package		284811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Fruit Frudels

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-421
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	50 Each	1 PACK PER SERVING	838350

Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Breakfast Fruit Muffins

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-422
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB IW 80-1.8Z GCHC	50 Each		577006

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	270.00mg		
Carbohydrates	25.00g		
Fiber	0.50g		
Sugar	13.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Burger & Cheese Burger on a Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-464
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each		451400
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

Steamer: Place 15 burgers in a 2" roaster pan. Stean for about 7 minutes. Temp at 165 F.

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	18.00g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	505.00mg		
Carbohydrates	19.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.70mg	Iron	2.60mg

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

Toasted Cheese on a Pretzel Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-465
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL SLCD 80-4Z J&J	100 Each		564623
CHEESE AMER WHT 160CT SLCD 6-5 LOL	400 Slice	2.5 packs of cheese	861940

Preparation Instructions

1. Each sandwich gets 2 oz. of cheese, 4 slices.
2. Place sandwiches on a large sheet tray.
3. bake in a 350* F. oven for about 10 minutes (until cheese is melted)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	520.00		
Fat	22.00g		
SaturatedFat	11.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1300.00mg		
Carbohydrates	59.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	334.00mg	Iron	4.30mg

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

Sweet & Sour Chicken Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-466
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	25 orders per bag.	327120
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292

Preparation Instructions

1. Baked popcorn chicken on sheet trays.
2. In a roaster pan mix popcorn chicken to 1/2 gallon of sweet & sour sauce.
3. serve over brown rice.

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	0.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	268.36
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	420.33mg
Carbohydrates	22.95g
Fiber	3.00g
Sugar	8.03g

Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

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

Vegetable Eggrolls

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-467
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG 3Z 4-18CT GLDT	100 Each		612316

Preparation Instructions

BAKE

Preparation Type: Heating Instructions: Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on baking sheet. Turn once during baking. Conventional: 18 - 20 minutes. Convection: 14 - 16 minutes.

Preparation Notes: Heating time may vary with equipment.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	140.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	550.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.72mg

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

BBQ Pulled Pork Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-468
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	300 Ounce	3oz. per sandwich	498702
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

OVEN OR STEAMER : BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F. STEAM UNTIL INTERNAL TEMPERATURE REACHES 160* f.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	324.25		
Fat	13.75g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	53.25mg		
Sodium	309.75mg		
Carbohydrates	31.75g		
Fiber	3.00g		
Sugar	15.00g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

SRIRACHA CHICKEN

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-469
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	500 Each	5 EACH PER SERVING	750892

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.56
Grain	0.63
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	237.50		
Fat	11.25g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	43.75mg		
Sodium	312.50mg		
Carbohydrates	17.50g		
Fiber	1.25g		
Sugar	2.50g		
Protein	18.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	1.25mg

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

Breakfast for Lunch

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-831
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	1 each French Toast	646262
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	200 Each	2 each per serving	352740
POTATO TRIANGLES 2Z 6-5 LAMB	200 Ounce	2 each per serving	265659

Preparation Instructions

French Toast: Heat in oven from frozen, 5-7 minutes, then serve.

Hash brown: BAKE 7 UNITS AT 400F FOR 12 MINUTES. CONVENTIONAL: BAKE 7 UNITS AT 450F FOR 18 MINUTES.

Sausage: heat in oven or steamer until internal temperature reaches 165F.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.22

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	427.78		
Fat	20.89g		
SaturatedFat	5.56g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	701.11mg		
Carbohydrates	38.00g		
Fiber	2.89g		
Sugar	11.44g		
Protein	20.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.89mg	Iron	2.16mg

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

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-843
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1/2 Cup	One serving equals 1/2 cup	101427

Preparation Instructions

Steamer: Add 3 cans of tomato soup and 3 cans of water to a roaster pan. Cover then heat in the steamer until the internal temperature reaches 165*.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Golden Crispy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-847
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	100 Each		525480
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. SET YOUR TIMER Heat for 16 to 18 minutes.

Temp at 165*

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	425.00mg
Carbohydrates	28.00g
Fiber	6.00g
Sugar	3.00g

Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.00mg

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

Steamed Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-849
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup	1 Block of Margarine per 100 servings	733061
SEASONING GARDEN NO SALT 19Z TRDE	2 Teaspoon		565148
BROCCOLI FZ 30 COMM	100 8oz	1/2 cup serving	549292

Preparation Instructions

Steam in a roaster.

Add 1 block of Margarine

Do not overcook.

Sprinkle with Veggie seasoning.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	58.40		
Fat	3.52g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.20mg		
Carbohydrates	5.08g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	240.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

CHICKEN NUGGETS (HS)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-869
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	600 Each		281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	288.00		
Fat	16.80g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	528.00mg		
Carbohydrates	19.20g		
Fiber	3.60g		
Sugar	1.20g		
Protein	16.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.28mg

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

Far East Vegetable Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-870
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GCHC	1/2 Cup		491209

Preparation Instructions

Steam in the steamer for about 7 - 10 minutes. until the internal temperature reaches 145* F.

Add veggie seasoning.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.50mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Fiestada Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-873
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	72 Each	each case has 72 servings.	487272

Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans.

CONVECTION OVEN: 350°F for 11-14 minutes. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	710.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	3.10mg

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

Chicken Gravy

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-874
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
STARCH CORN BIB 25 ARGO	4 Tablespoon		704377
BASE CHIX NO ADDED MSG 4-5 STOUF	3 1/4 Fluid Ounce		177910

Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

16 oz. TO 5 GAL A FULL BODIED CHICKEN FLAVOR MADE FROM REAL CHICKEN & DELICATE SEASONINGS.

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

Mix 4 Tsp. of cornstarch to 1 cup of water.

Stir the cornstarch mixture to the boiling stock.

Boil for 1 minute then hold or setup on the line.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		1.26	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.48mg	
Carbohydrates		0.28g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Pears (Fresh)

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-876
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	100 Each		198056

Preparation Instructions

Wash before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	6.28
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	646.82		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.56mg		
Carbohydrates	175.84g		
Fiber	37.68g		
Sugar	106.76g		
Protein	6.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.60mg	Iron	2.26mg

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

Corn & Black Bean Fiesta Blend

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-877
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	2 Gallon	each case has 60 1/2 cup servings	163760

Preparation Instructions

Steam in the steamer for about 10-14 minutes until internal temperature reaches 145* F.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.14
Starch	0.14

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	16.16		
Fat	0.44g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.04mg		
Carbohydrates	2.50g		
Fiber	0.59g		
Sugar	0.73g		
Protein	0.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Coney Dog on a bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-878
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	6 1/4 Pound	1 oz. per serving	722330
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 Each		154792
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each		564053

Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165* F.

Meal Components (SLE)

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.14		
Fat	20.55g		
SaturatedFat	6.57g		
Trans Fat	0.09g		
Cholesterol	46.04mg		
Sodium	797.08mg		
Carbohydrates	28.58g		
Fiber	5.63g		
Sugar	4.63g		
Protein	15.04g		
Vitamin A	203.47IU	Vitamin C	1.58mg
Calcium	61.40mg	Iron	2.30mg

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

Italian Meatball Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-879
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	400 Each	4 each serving	785860
SAUCE MARINARA A/P 6-10 REDPK	400 Ounce	1 oz. per serving	592714
CHEESE MOZZ SHRD 4-5 LOL	800 Ounce	1/2 oz. per serving	645170

Preparation Instructions

1. Heat meatballs and marinara in the steamer until temperature reaches 165* F.
2. add 4 meats, 1 oz. of sauce and 1/2 oz of mozz cheese per sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	556.86
Fat	33.00g
SaturatedFat	17.50g
Trans Fat	0.60g
Cholesterol	96.00mg
Sodium	1347.43mg
Carbohydrates	15.71g
Fiber	3.86g
Sugar	11.71g
Protein	42.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 901.86mg	Iron 1.00mg

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

Fish Sandwich on a bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-881
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	100 Each		576255
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	270.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	715.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.30mg

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

Chicken Egg Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-882
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN 60-3Z MINH	2 Each		277731

Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

Serve with Frank's Sweet & Spicy Sauce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	780.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	14.00mg
Calcium	90.00mg	Iron	3.40mg

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

Maple Pancakes

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1020
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	50 Package	1 pack per serving	269220

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch.

Conventional Oven: Preheat oven to 350F.

Place pouches flat on a baking sheet and heat for 13-15 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

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

CinnABar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1021
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Wheat Cinnamon Bar	50 Serving	BAKE	123192

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	45.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	5.00g		
Vitamin A	45.00IU	Vitamin C	4.00mg
Calcium	6.00mg	Iron	10.00mg

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

Beacon Street Sliders

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1023
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	50 Serving		523710

Preparation Instructions

CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.

DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. COOK TO AN INTERNAL TEMPERATURE OF 165°F.

REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	160.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	290.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	1.60mg

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

Frudels

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1024
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	50 Each	1 PACK PER SERVING	838350

Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Breakfast Round UBR's

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1025
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR 140-2.5Z RICH	50 Each		794230

Preparation Instructions

BAKE

HANDLING INSTRUCTIONS:

1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES.
4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	240.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	200.00mg
Carbohydrates	42.00g
Fiber	7.00g
Sugar	16.00g

Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.50mg

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

BOSCO BREAKFAST STICKS

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1028
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.5Z	50 Each		856081

Preparation Instructions

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	160.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	370.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	128.00mg	Iron	1.00mg

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

WALKING TACO

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1029
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 Package	1 bag per serving	865611
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	2 oz. per serving.	722330
CHEESE CHED SHRD 6-5 COMM	1 Ounce	1 oz. per serving	199720
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup	1/2 cup	735787
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
SAUCE TACO MILD PKT 200-9GM GCHC	1 Each		192007

Preparation Instructions

TACO MEAT:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

OVEN: Empty bags into roaster pan. Cover and heat taco meat to 165 F.

Into each bag add the following:

2 oz. Taco meat

1 oz. shredded Cheese

1/4 cup diced tomatoes

1/2 cup shredded lettuce

Serve with 1 packet Taco Sauce

Note: Serve a choice of 865611 Doritos or 865622 Tostitos.

Meal Components (SLE)

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	384.53
Fat	19.09g
SaturatedFat	8.14g
Trans Fat	0.18g
Cholesterol	52.08mg
Sodium	724.16mg
Carbohydrates	33.40g
Fiber	3.85g
Sugar	2.93g
Protein	17.66g

Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	85.62mg	Iron	1.87mg

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

BROCCOLI FLORETS & RANCH DIP

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1030
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	50 Cup	1/2 CUP PER SERVING	732451
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	50 Each		499521

Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	50.00		
Fat	3.20g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	77.00mg		
Carbohydrates	5.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	1.20g		
Vitamin A	274.12IU	Vitamin C	39.25mg
Calcium	30.68mg	Iron	0.32mg

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

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1458
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	386.86		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	627.43mg		
Carbohydrates	52.71g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.86mg	Iron	2.90mg

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

Turkey Corn Chowder

Servings:	48.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	7 Pound	Thaw	653171
CELERY 10 MI LOCAL	1 Cup		601542
CORN FZ 30 COMM	4 Cup		120490
POTATO DCD 6-10 GCHC	7 1/2 Cup		118583
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
PEPPERS & ONION FLME RSTD 6-2.5	2 1/2 Pound	1 bag	847208
BACON TKY CKD 12-50CT JENNO	48 Slice	1 slice each, crumbled	834770

Preparation Instructions

STOVE TOP:

1. Chop Celery.
2. Add celery to a large stock pot and saute until tender.
3. Add onion & peppers, corn, saute for 2 minutes.
4. Drain the liquid from the canned potatoes, then add them to the pot.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water and simmer until the temperature reaches 145 F.
7. Top each serving with 1/2 oz. Jennie -O's

OVEN:

1. Chop and saute celery.
2. Add celery to a large roaster pan.
3. Add onion & peppers, corn.
4. Drain the liquid from the canned potatoes, then add them to the roaster pan.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water then cover.
7. Place in a 350 F. oven and heat for about 20-30 minutes or until the temperature reaches 145 F.
8. Ladle each 6 oz. serving into a bowl then top each serving with 1/2 oz. Jennie -O's

Meal Components (SLE)

Amount Per Serving

Meat	1.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.04
Legumes	0.00
Starch	0.23

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	225.72		
Fat	11.22g		
SaturatedFat	2.84g		
Trans Fat	0.00g		
Cholesterol	60.24mg		
Sodium	980.93mg		
Carbohydrates	9.61g		
Fiber	1.30g		
Sugar	1.66g		
Protein	20.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.30mg	Iron	0.79mg

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

Turkey Empanada

Servings:	85.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1460

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	6 Pound	1 bag	653171
PEPPERS & ONION FLME RSTD 6-2.5	2 1/8 Pound	1 bag	847208
POTATO DCD 6-10 GCHC	85 Ounce	1 can	118583
CHEESE BLND MOZZ SHRD FTNR 4-5 PG	5 Pound	1 bag	193600
DOUGH BALL PIZZA WGRAIN 12-22Z	10 Each	cut each 22 oz. dough ball into 8 2.75 oz. pieces.	566960
SEASONING MESQ HRB&FAJITA 22Z TRDE	1 Teaspoon		527971

Preparation Instructions

1. cut each dough ball into 8 portions.
2. press with a pizza press or roll each one out.
3. in a large bowl mix Jennie-O Shredded Turkey and gravy, onions & peppers, and potatoes.
4. stir in Mesquite seasoning.
5. Using a # 12 scoop, scoop turkey mixture into the each pressed dough then add 1/2 oz. of mozzarella cheese.
6. fold and crimp sides, then place onto a baking pan.
7. bake at 375 F. for about 15 minutes until golden brown and the internal temperature reaches 145F.
8. Hold in a warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.54
Grain	0.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.02
Legumes	0.00

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	162.47
Fat	3.11g
SaturatedFat	1.46g
Trans Fat	0.00g
Cholesterol	18.00mg
Sodium	435.02mg
Carbohydrates	27.00g
Fiber	3.35g
Sugar	0.56g
Protein	8.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 107.74mg	Iron 1.00mg

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

Chicken Egg Roll

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2385
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN 60-3Z MINH	200 Each	2 per portion	277731

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. COOKING INSTRUCTIONS BASED ON FULL SIZE SHEET PAN (WITH APPROXIMATELY 54 EGG ROLLS). CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE EGG ROLLS ON BAKING SHEET. FOR FROZEN PRODUCT COOK FOR 22 MINUTES; FOR THAWED PRODUCT COOK FOR 13 MINUTES. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

* Serving with dipping sauce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	780.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	14.00mg
Calcium	90.00mg	Iron	3.40mg

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

Blueberry Waffles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2395
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	100 Package	1 pack per serving	269240

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.10mg

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

BBQ Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2396
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL GCHC	1/2 Gallon	1/2 Gallon per 100 servings	734136
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	100 Each		152121

Preparation Instructions

CONVECTION: Appliances vary, adjust accordingly.

Convection Oven: From frozen, place the breast filets on a sheet pan with a small amount of water. Completely cover with foil. Place in a preheated, 350°F convection oven for approximately 16-20 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	257.15		
Fat	3.56g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	739.34mg		
Carbohydrates	28.95g		
Fiber	3.19g		
Sugar	8.12g		
Protein	26.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	2.00mg

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

Coney Dog on a bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2397
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	6 1/4 Pound	1 oz. per serving	722330
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 Each		154792
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each		564053

Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165* F.

Meal Components (SLE)

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.14		
Fat	20.55g		
SaturatedFat	6.57g		
Trans Fat	0.09g		
Cholesterol	46.04mg		
Sodium	797.08mg		
Carbohydrates	28.58g		
Fiber	5.63g		
Sugar	4.63g		
Protein	15.04g		
Vitamin A	203.47IU	Vitamin C	1.58mg
Calcium	61.40mg	Iron	2.30mg

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

Sandwich Turkey Burger MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2529
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- ,3. Serve.
- ,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.20
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.58
Fat	10.58g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	421.85mg
Carbohydrates	29.42g
Fiber	4.45g
Sugar	6.01g
Protein	20.32g

Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	53.70mg	Iron	2.54mg

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

Marinated Cole Slaw

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2530
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GCHC	10 Cup		430795
OIL SALAD VEG CLR NT 35 GCHC	7 1/2 Cup		107999
SUGAR CANE GRANUL XTRA FINE 25#	7 1/2 Cup		151343
SEASONING SALT 32Z BADIA	10 Teaspoon		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	10 Tablespoon		430989
SPICE MUSTARD GRND 14Z TRDE	10 Teaspoon		224928
SPICE CELERY SEED WHOLE 16Z TRDE	10 Teaspoon		224677
CABBAGE GREEN SHRD 5-3	100 Cup		607740
ONION RED MED/LRG 5-10	7 1/2 Cup	Thinly sliced	414951
PEPPERS GREEN 12CT P/L	7 1/2 Cup	Thinly sliced	100995

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	167.85
Fat	11.23g
SaturatedFat	1.77g
Trans Fat	0.20g
Cholesterol	0.00mg
Sodium	105.22mg
Carbohydrates	15.70g
Fiber	2.12g
Sugar	12.52g
Protein	1.46g

Vitamin A	110.01IU	Vitamin C	43.69mg
Calcium	51.86mg	Iron	0.33mg

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

Fries Sweet Potato Crinkle MTG

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1/8 Teaspoon		565911
FRIES SWT POT DP GROOVE 7/16 6-2.5	4 Ounce		628100

Preparation Instructions

1. Lightly spray sheet trays with vegetable spray.
2. Lay fries in a single layer.
3. Place in a 375 * F. Oven for about 20-25 minutes. (you may have to rotate the tray to keep from burning.)
4. Remove from the oven.
5. Sprinkle 2 tablespoons over the tray of fries.
6. Portion 4 oz. of fries into each boat.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	151.42		
Fat	5.68g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.13mg		
Carbohydrates	21.97g		
Fiber	3.79g		
Sugar	6.83g		
Protein	2.52g		
Vitamin A	4416.40IU	Vitamin C	3.03mg
Calcium	25.24mg	Iron	0.45mg

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

Muffin & Yogurt

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2564
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	100 Each		558011
YOGURT CHERRY TRPL L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat single serving	186911

Preparation Instructions

other muffins to choose from:

557970 Apple/Cinn

557981 Blueberry

280001 Chocolate

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	190.00mg		
Carbohydrates	47.00g		
Fiber	2.00g		
Sugar	25.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	0.90mg

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

Peas & Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2571
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 30 GCHC	1/2 Cup	1/2 cup per serving	285730
SEASONING GARDEN NO SALT 19Z TRDE	0/1 Teaspoon		565148

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.47
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	37.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.93mg		
Carbohydrates	7.54g		
Fiber	2.24g		
Sugar	2.99g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.52mg

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

Super Donut

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-2586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	80 Each	one case has 80 servings	668181

Preparation Instructions

Thaw & serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	1.44mg

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

Refried Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2587
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	12 1/2 Cup	1 can = 25 1/2 cup servings	293962

Preparation Instructions

Heat to 165 F.

Serving 1/2 cup servings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

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

Ranch Wedge Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2674
School:	CUYAHOGA FALLS PRESTON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH 6-5 LAMB	25 Pound	each serving equals 4 oz.	609676

Preparation Instructions

CONVECTION OVEN COOK AT 400 DEGREES F FOR about 8 - 12 MINUTES.

CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 22 - 25 MINUTES.

COOK UNTIL GOLDEN BROWN AND CRISPY.

1 case has 120 servings.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.68

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	164.38		
Fat	6.85g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	383.56mg		
Carbohydrates	23.29g		
Fiber	2.74g		
Sugar	0.00g		
Protein	2.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.03mg	Iron	0.55mg

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

Breakfast ZEE ZEE Bar & Yogurt

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3230
School:	CUYAHOGA FALLS BOLICH MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-2.2Z	100		136721
YOGURT RASPB RNBW L/F 48-4Z TRIX	100	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	4.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	125.00mg
Carbohydrates	54.00g
Fiber	2.00g
Sugar	26.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 1.80mg

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

Carrot Sticks & Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3233

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	0 Cup		768146
DRESSING RNCH DIP CUP 100-1Z GCHC	1 Each		844730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1/2 cup

Amount Per Serving

Calories	130.52		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	270.88mg		
Carbohydrates	3.12g		
Fiber	0.04g		
Sugar	2.06g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.40mg	Iron	0.00mg

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

Ravioli with Meat Balls

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	252 Each	7 per order	524650
SAUCE SPAGHETTI FCY 6-10 REDPK	9 Cup		852759
MEATBALL CKD .65Z 6-5 COMM	72 Each	2 each serving	785860
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package	1 pack per serving	643012

Preparation Instructions

BAKING:

1. PREHEAT CONVECTION OVEN TO 350 DEGREES F, FAN SPEED ON HIGH.
2. SPRAY BOTTOM AND SIDES OF FULL STEAM TABLE PAN WITH NON-STICK COOKING SPRAY.
3. POUR 6 CUPS OF ROOM TEMPERATURE, CANNED SAUCE INTO THE BOTTOM OF A STAINLESS STEEL PAN AND SPREAD TO COVER THE BOTTOM.
4. PLACE 5 POUNDS OF THAWED RAVIOLI AND COVER WITH 3 CUPS OF ROOM TEMPERATURE, CANNED SAUCE AND 1 CUP OF WATER.
5. SPREAD SAUCE OVER PASTA TO COVER. LIGHTLY APPLY NON-STOCK COOKING SPRING TO BOTTOM OF ALUMINUM FOIL AND COVER THE PAN TIGHTLY WITH THE FOIL.
6. BAKE FOR 20-30 MINUTES OR UNTIL REACHING A MINIMUM INTERNAL TEMPERATURE OF 165 DEGREES F FOR AT LEAST 15 SECONDS.

For the meatballs:

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 350°F FOR APPROX 30-40 MINUTES.

IF STORING IN A MOIST 145 DEGREES F WARMER, COVER THE PAN WITH PLASTIC FILM AND HOLD UP TO 1 HOUR.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.53
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00
 Serving Size: 1.00 Serving

Amount Per Serving			
Calories		204.36	
Fat		7.17g	
SaturatedFat		2.76g	
Trans Fat		0.30g	
Cholesterol		33.00mg	
Sodium		327.58mg	
Carbohydrates		19.29g	
Fiber		1.79g	
Sugar		2.67g	
Protein		14.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.51mg	Iron	1.23mg

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

Alfredo Sauce

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-3334
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM IMIT GRTD 2-5 SCHRBR	1 1/2 Tablespoon		595101
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Tablespoon		225061
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Tablespoon		513881
BASE SOUP CRM 6-25.22Z LEGO	18 11/12 Ounce	1 bag	157001
Tap Water for Recipes	3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. In a roaster pan, add 1 bag of cream sauce to 1 gallon of water. Mix well.
 2. Stir in Parm cheese, Garlic and Black Pepper.
- Cover and head as needed in the steamer. Heat to 145 F. Reheat to 165 F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3096.06		
Fat	172.03g		
SaturatedFat	154.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10322.27mg		
Carbohydrates	343.99g		
Fiber	0.00g		
Sugar	51.58g		
Protein	17.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Rotini Pasta With Alfredo (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-3335
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 1/8 Pound		867850
BASE SOUP CRM 6-25.22Z LEGO	26 1/3 Ounce	1 bags	157001
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 1/11 Cup		595101
SPICE PEPR BLK REST GRIND 16Z TRDE	2 1/11 Tablespoon		225061
SPICE GARLIC GRANULATED 24Z TRDE	2 1/11 Tablespoon		513881

Preparation Instructions

Cook Pasta and alfredo sauce according to the recipes

1. Place 6 oz. spoodle of pasta in a #2 boat.
 2. Add 2- 3 oz. ladles of cheese sauce.
- Serve with Bosco breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	4520.92
Fat	242.31g
SaturatedFat	215.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14490.17mg
Carbohydrates	523.92g
Fiber	6.26g
Sugar	73.84g
Protein	31.22g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.88mg

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

Domino's Smart Slice

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3773
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Domino's 14" WG LM Cheese Pizza	8	1 slice per serving	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	260.00		
Fat	7.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	540.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Oven Roasted Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3777
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WHL LEG MT IF 48CT GCHC	100 Each	1 thigh/leg portion per serving	726790

Preparation Instructions

1. Place on sheet ray, Season.
2. CONVENTIONAL OVEN @ 375* FOR 60-70 MINS, CONVECTION OVEN @ 350*FOR 30 MINS.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	57.50		
Fat	4.25g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	22.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Chicken Tenders (HS)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3783
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	400 Piece	4 pieces per serving	283951

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	2.67
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	346.67		
Fat	20.00g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	520.00mg		
Carbohydrates	21.33g		
Fiber	4.00g		
Sugar	1.33g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	2.67mg

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

Rotini Pasta (HS)

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-3874

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	50 Ounce	one bag = 25 orders	867850

Preparation Instructions

1. Place one 5# bag in a roaster pan.
2. Add water to cover the pasta.
3. Place the pan in the steamer and steam for 10 minutes.
4. Quickly and carefully take the pan to the prep sink.
5. Carefully empty the pasta and water into a colander or a perforated pan.
6. Cover and place in the reach-in refrigerator until ready to use.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

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

Apple Cinnamon Breakfast Stick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3947
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	50 Each	1 per serving	518721

Preparation Instructions

BAKE

Conventional Oven

1. Preheat oven to 350° F.
2. Place Apple Sticks on a baking sheet.
3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.
5. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Apple Sticks covered while thawing.
3. Apple Sticks may be thawed in packaging.
4. Apple Sticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

NOTES:

Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	9.00g
Protein	5.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	2.00mg

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

Breakfast Yogurt Parfaits

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4024
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Ounce		811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Cup		711664
BLUEBERRIES FZ WILD IQF 30 COMM	1 Cup		764740

Preparation Instructions

Using a 6 oz. portion cup add

- 1/2 cup fruit on the bottom of the cup.
- 4 oz. Yogurt.
- Topped with 1 oz. of granola.

Meal Components (SLE)

Amount Per Serving

Meat	2.99
Grain	2.33
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	650.55		
Fat	13.49g		
SaturatedFat	2.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	376.74mg		
Carbohydrates	118.27g		
Fiber	10.00g		
Sugar	62.84g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	1.73mg

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

Cucumbers & Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT SUPER 45 MRKN	50 Cup	1/4 cup per serving	198587
TOMATO GRAPE SWT 10 MRKN	1100 Each	1/4 cup per serving	129631
DRESSING ITAL FF 4-1GAL KENS	2 Cup		188875

Preparation Instructions

Cut cucumbers into 1/2 circles about 1/8" thick.

Add Cherry tomatoes.

toss with 2 cups of Italian Dressing.

scoop into 1/2 cup servings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.38		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.92mg		
Carbohydrates	1.50g		
Fiber	0.16g		
Sugar	0.83g		
Protein	0.15g		
Vitamin A	31.05IU	Vitamin C	0.79mg
Calcium	4.21mg	Iron	0.08mg

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

Pasta Meat Sauce (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 Pound	One 6 oz. Spoodle equals 1 serving.	867850
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	10 Pound	1 serving equals 1 - 6 oz. ladle	573201

Preparation Instructions

Thaw in the walk-in cooler.

1. Place bags in a roaster pan and steam until internal temperature reaches 165*.
2. Place on the serving line or place in warmer until needed. (Maintain a 135* hold Temperature)

Serve with one Bosco Breadstick.

*Note: 1 - 5# bag equals 24 Servings

Meal Components (SLE)

Amount Per Serving

Meat	2.38
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	378.81		
Fat	9.33g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	65.48mg		
Sodium	345.24mg		
Carbohydrates	51.71g		
Fiber	8.38g		
Sugar	10.33g		
Protein	24.86g		
Vitamin A	770.24IU	Vitamin C	22.62mg
Calcium	52.38mg	Iron	4.18mg

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

Cheese Sauce for Pasta

Servings:	42.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-4174

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE SOUP CRM 6-25.22Z LEGO	36 Gram		157001
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SPICE GARLIC GRANULATED 20 TRDE	2 Teaspoon		228435
SPICE PEPR BLK REST GRIND 5 TRDE	2 Teaspoon		242179

Preparation Instructions

- Mix all ingredients in a roaster pan.
 - Place in the reach-in refrigerator until needed.
- Heat desired amount in the steamer for about 10 minutes. Place on the line or in the warmer. (Maintain a 135* holding temperature)
- 6 oz. = 1 Serving Size

Meal Components (SLE)

Amount Per Serving

Meat	0.92
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	132.35		
Fat	7.64g		
SaturatedFat	6.57g		
Trans Fat	0.00g		
Cholesterol	3.15mg		
Sodium	453.44mg		
Carbohydrates	13.71g		
Fiber	0.00g		
Sugar	1.98g		
Protein	1.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.18mg	Iron	0.00mg

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

Pasta with Cheese Sauce

Servings:	37.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4230

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 Pound	1 serving = 6 oz. servi ng	867850
BASE SOUP CRM 6-25.22Z LEGO	25 2/9 Ounce		157001
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SAUCE CHS WHT BLND 6-106Z LOL	106 Fluid Ounce		235631
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE GARLIC GRANULATED 7.25 TRDE	2 Teaspoon		514047

Preparation Instructions

**Follow the recipe preparing Pasta.

**Follow the recipe for preparing Cheese sauce.

1. Place one 6 oz. spoodle in a #2 boat.
2. Add 2 - 3 oz. ladles of cheese sauce.

serve with Bosco breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	0.09
Grain	1.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	2808.16		
Fat	150.50g		
SaturatedFat	134.51g		
Trans Fat	0.00g		
Cholesterol	3.58mg		
Sodium	8984.07mg		
Carbohydrates	324.27g		
Fiber	3.89g		
Sugar	45.90g		
Protein	20.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	39.39mg	Iron	1.17mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pasta Alfredo with Meatballs (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4258
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 Pound	1 serving equals 6 oz. serving	867850
BASE SOUP CRM 6-25.22Z LEGO	25 2/9 Gram		157001
Tap Water for Recipes	1	UNPREPARED	000001WTR
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE GARLIC GRANULATED 7.25 TRDE	2 Teaspoon		514047
MEATBALL CKD .65Z 6-5 COMM	48 Each	2 meatballs per serving	785860

Preparation Instructions

Cook Pasta, alfredo sauce, and meatballs according to the recipes

Serving Instructions:

1. Add 6 oz. of pasta to a #2 boat.
2. Add Two 3 oz. ladles of alfredo sauce.
3. Add 2 meatballs.

Serve with a Bosco breadstick

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		402.50	
Fat		13.58g	
SaturatedFat		9.03g	
Trans Fat		0.30g	
Cholesterol		18.00mg	
Sodium		603.00mg	
Carbohydrates		60.17g	
Fiber		6.50g	
Sugar		5.43g	
Protein		13.81g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.50mg	Iron	2.30mg

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

Pasta with Cheese Sauce & Meatballs

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4259
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 1/2 Pound	one 6 oz. spoodle equals 1 serving	867850
BASE SOUP CRM 6-25.22Z LEGO	25 2/9 Gram		157001
SAUCE CHS WHT BLND 6-106Z LOL	106 Ounce		235631
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE GARLIC GRANULATED 7.25 TRDE	2 Teaspoon		514047
MEATBALL CKD .65Z 6-5 COMM	38 Each	two meatballs per serving.	785860
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Cook Pasta, cheese sauce and meatballs according to the recipes

Serving Instructions:

1. Add one 6 oz. spoodle of pasta to a #2 boat.
2. Add two 3 oz. ladles of cheese sauce.
3. Add 2 meatballs.

Serve with one Bosco Breadstick

Meal Components (SLE)

Amount Per Serving

Meat	1.18
Grain	1.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 383.90

Fat 17.39g

SaturatedFat 11.05g

Trans Fat 0.15g

Cholesterol 36.89mg

Sodium 867.42mg

Carbohydrates 44.71g

Fiber 4.67g

Sugar 3.51g

Protein 16.11g

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

Calcium 321.59mg **Iron** 1.58mg

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

Cheese Pizza (HS)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA WGRAIN 12-22Z	8 Slice		566960
SAUCE PIZZA W/BASL 6-10 REDPK	1/2 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
CHEESE BLND MOZZ/PROV DCD 4-5 PG	1/2 Cup		529249

Preparation Instructions

Dough Prep: REMOVE THE AMOUNT OF DOUGH BALLS NEEDED FOR THAWING FROM THE CASE. PLACE THEM ON A VEGETABLE SPRAYED SHEET TRAY. SPRAY THE TOPS, THEN COVER. THAW AND PROOF OVERNIGHT IN FRIDGE.

Remove the dough balls and proof at room temperature. Place the dough ball in the dough press. remove and dock the dough.

Place the dough on a pizza screen, then evenly spread the pizza sauce on the dough.

evenly sprinkle the cheeses on the pizza then bake at the appropriate time and temperature.

evenly cut the pizza into 8 slices.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	205.00		
Fat	6.75g		
SaturatedFat	3.88g		
Trans Fat	0.00g		
Cholesterol	13.75mg		
Sodium	300.00mg		
Carbohydrates	25.50g		
Fiber	1.50g		
Sugar	1.50g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	149.25mg	Iron	1.10mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pepperoni Pizza (HS)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA WGRAIN 12-22Z	8 Slice		566960
SAUCE PIZZA W/BASL 6-10 REDPK	1/2 Cup	READY_TO_EAT None	256013
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	29 Slice		729973
CHEESE MOZZ SHRD 4-5 LOL	3/4 Cup		645170
CHEESE BLND MOZZ/PROV DCD 4-5 PG	3/4 Cup		529249

Preparation Instructions

Dough Prep: REMOVE THE AMOUNT OF DOUGH BALLS NEEDED FOR THAWING FROM THE CASE. PLACE THEM ON A VEGETABLE SPRAYED SHEET TRAY. SPRAY THE TOPS, THEN COVER. THAW AND PROOF OVERNIGHT IN FRIDGE.

Remove the dough balls and proof at room temperature. Place the dough ball in the dough press. remove and dock the dough.

Place the dough on a pizza screen, then evenly spread the pizza sauce on the dough.

Evenly sprinkle the cheeses on the pizza.

Place pepperoni on the pizza 16/9/4

Bake at the appropriate time and temperature.

Evenly cut the pizza into 8 slices.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	238.83
Fat	10.02g
SaturatedFat	5.21g
Trans Fat	0.00g
Cholesterol	22.25mg
Sodium	431.75mg
Carbohydrates	25.63g
Fiber	1.50g

Sugar	1.38g
Protein	11.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.00mg	Iron 1.19mg

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

Popper Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4458
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	8 Piece	11 pc. each serving	327130
TORTILLA WRP 12 TOM 6-12 TYS	1/2 Each	1/2 wrap per serving	769002
ONION RED JUMBO 10 MRKN	2 Tablespoon		596973
PEPPERS BAN RING HOT 900CT 4-1GAL	1 Tablespoon		466251
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
TOMATO 5X6 XL 25 MRKN	2 Tablespoon		206032
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	2 Tablespoon		324531
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
DRESSING RNCH LT 4-1GAL GCHC	2 Tablespoon		472999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.70
Grain	0.73
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.63
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	491.42
Fat	21.00g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	27.05mg
Sodium	1475.60mg
Carbohydrates	57.78g
Fiber	4.98g

Sugar	8.10g
Protein	17.50g
Vitamin A 188.57IU	Vitamin C 7.28mg
Calcium 182.74mg	Iron 4.31mg

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

Cheddar Pretzel Stick

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4609
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PRTZL CHED WGRAIN 6 72CT	72 Each	1 per serving	665230

Preparation Instructions

BAKE

Conventional Oven

1. Preheat oven to 350° F.
2. Place Pretzel Sticks on a baking sheet.
3. Let stand 2 minutes before serving.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Pretzel sticks covered while thawing.
3. Pretzel Sticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	27.00g

Fiber		3.00g	
Sugar		3.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	2.00mg

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

Sloppy Joe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4700
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	300 Ounce	3 oz. per serving	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260

Preparation Instructions

Thaw bags of sloppy joe mix in the refrigerator.

Add Thawed sloppy Joe mix to a roaster pan cover and steam or cook in the oven until temperature reaches 145* F. Place in the warmer or serving line.

Use a #10 scoop.

Offer American cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.15
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.11
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	274.83		
Fat	10.46g		
SaturatedFat	4.32g		
Trans Fat	0.00g		
Cholesterol	48.86mg		
Sodium	704.63mg		
Carbohydrates	28.26g		
Fiber	4.65g		
Sugar	10.11g		
Protein	17.74g		
Vitamin A	379.34IU	Vitamin C	4.96mg
Calcium	129.60mg	Iron	2.65mg

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

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Ounce		689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 5X6 XL 25 MRKN	2 Ounce		206032
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
DRESSING ITAL FF 4-1GAL KENS	2 Tablespoon		188875

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.87
Grain	2.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	352.09
Fat	8.48g
SaturatedFat	3.54g
Trans Fat	0.00g
Cholesterol	39.90mg
Sodium	1281.22mg
Carbohydrates	46.50g
Fiber	6.65g
Sugar	15.75g
Protein	25.78g
Vitamin A 2998.80IU	Vitamin C 49.32mg
Calcium 171.50mg	Iron 2.98mg

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

Italian Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	2 Ounce		199721
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
TOMATO 5X6 XL 25 MRKN	2 Tablespoon		206032
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
PEPPERS BAN RING HOT 900CT 4-1GAL	1 Ounce		466251
DRESSING ITAL FF 4-1GAL KENS	2 Tablespoon		188875
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	2.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	376.02
Fat	14.47g
SaturatedFat	5.73g
Trans Fat	0.00g
Cholesterol	53.67mg
Sodium	1628.33mg
Carbohydrates	36.21g
Fiber	3.53g
Sugar	6.88g
Protein	23.12g
Vitamin A 187.43IU	Vitamin C 3.08mg

Calcium	281.03mg	Iron	3.24mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Beef Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup	# 16 scoop	722330
TORTILLA CHIP RND YELLOW 40-3Z	2 Ounce		647320
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce		135261
TOMATO 5X6 XL 25 MRKN	1 Tablespoon		206032
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
ONION GREEN CLPD 4-2 RSS	1 Tablespoon		198889
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
SOUR CREAM L/F 4-5 RGNLBRND	1 Tablespoon	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	1.99
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	403.14
Fat	20.45g
SaturatedFat	4.64g
Trans Fat	0.18g
Cholesterol	29.58mg
Sodium	795.56mg
Carbohydrates	45.11g

Fiber	4.65g		
Sugar	2.32g		
Protein	14.01g		
Vitamin A	500.65IU	Vitamin C	4.70mg
Calcium	162.35mg	Iron	2.55mg

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

Mesquite Chicken Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce		570533
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
TOMATO 5X6 XL 25 MRKN	2 Tablespoon		206032
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
ONION GREEN CLPD 4-2 RSS	1 Tablespoon		198889
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Tablespoon		499943
SOUR CREAM L/F 4-5 RGNLBRND	1 Tablespoon		534331
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
CHIP TORTL RND YEL 5-1.5 KE	22 Piece		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.74
Grain	27.50
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	2888.72
Fat	113.88g
SaturatedFat	18.31g
Trans Fat	0.00g
Cholesterol	71.67mg
Sodium	2522.46mg
Carbohydrates	446.65g
Fiber	45.53g
Sugar	1.38g
Protein	64.45g
Vitamin A 587.43IU	Vitamin C 3.08mg

Calcium 966.35mg **Iron** 23.00mg

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

Cheese Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce		135261
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 5X6 XL 25 MRKN	2 Tablespoon		206032
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
ONION GREEN CLPD 4-2 RSS	1 Tablespoon		198889
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
CHIP TORTL RND YEL 5-1.5 KE	22 Piece		163020

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.73
Grain	27.50
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	2712.38
Fat	103.63g
SaturatedFat	13.26g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	2051.96mg
Carbohydrates	445.40g
Fiber	45.53g
Sugar	1.88g

Protein	47.03g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 810.10mg	Iron 22.60mg

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

Sloppy Joe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8955
School:	CUYAHOGA FALLS BOLICH MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	300 Ounce	3oz. portions for each sandwich #10 Scoop	564790
CHEESE AMER 160CT SLCD 6-5 COMM	300 Slice	1 slice each sandwich	150260
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

Preparation Instructions

Steam or heat in a roaster pan until internal temperature reaches 165* F.

1 level #10 scoop, 1 slice of American cheese.

1 bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.15
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.11
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	285.83		
Fat	18.47g		
SaturatedFat	9.32g		
Trans Fat	0.00g		
Cholesterol	73.86mg		
Sodium	1020.98mg		
Carbohydrates	11.45g		
Fiber	1.68g		
Sugar	8.14g		
Protein	19.78g		
Vitamin A	379.34IU	Vitamin C	4.96mg
Calcium	272.80mg	Iron	1.66mg

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

Cinnamon Maple French Toast Bites

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10005
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	300 Each	6 ea. per serving	391073
SPICE CINN-MAPL SPRINKLE 29Z TRDE	2 Teaspoon		565911

Preparation Instructions

Basic Preparation

Heat in oven at 375 degrees F for 2-3 minutes. Finish: roll in cinnamon maple seasoning immediately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	380.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	540.00mg		
Carbohydrates	38.16g		
Fiber	2.00g		
Sugar	14.16g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.80mg

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

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10792

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA 100CT MRKN	1 Each		197718

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	33.30		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	9.00g		
Fiber	1.55g		
Sugar	6.50g		
Protein	0.15g		
Vitamin A	34.56IU	Vitamin C	2.95mg
Calcium	3.84mg	Iron	0.08mg

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

Fresh Red Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

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

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup	27 1/2 cup servings per can	271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	5.81		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	1.44g		
Fiber	0.11g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.00mg

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

Strawberry Cups

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10795

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chickpea & Quinoa Buddha Bowls

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUINOA WHT PREWSHD 2-5 GCHC	1 Cup	1 cup cooked	508600
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
HUMMUS ORIG 4-.5GAL GREC	1 Ounce	1 oz. scoop	209902
PEPPERS RED & GREEN STRIPS 6-10 P/L	1/8 Cup		182550
TOMATO ROMA DCD 3/8 2-5 RSS	1/8 Cup		786543
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Diced	418439
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce	Shered	510637
ONION GREEN 2 RSS	1 Tablespoon	chopped	596981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.48
Legumes	0.38
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	766.03
Fat	12.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.25mg
Carbohydrates	139.59g
Fiber	16.34g
Sugar	6.30g
Protein	29.62g
Vitamin A 1364.15IU	Vitamin C 2.41mg

Calcium 155.81mg **Iron** 13.87mg

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

Queso Fiesta Mac

Servings:	35.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13010
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION SPANISH JUMBO 50 MRKN	1 1/2 Pound	Diced	200778
PEPPERS RED DOMESTIC 23 MRKN	1 1/2 Pound	Diced	560715
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Pound		722110
BEAN BLACK 6-10 GRSZ	2 1/2 Pound	Drained	557714
TOMATO 6X6 LRG 10 MRKN	8 Ounce	Diced	199001
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound		150250
PASTA ELBOW MACAR 51 WGRAIN 2-10	1 1/2 Pound	uncooked weight	229941

Preparation Instructions

PREPARATION

Prep Time: 60 min.

1. Pre-heat convection oven to 325°F.
2. Lightly spray bottom and sides of stainless hotel pans with oil.
3. Heat 5.0 lbs. bag of JTM Queso Blanco in steamer or water bath to 145°F or higher (HACCP) and place in the center of the pan.
4. Add 2.25 lbs. (4.5 cups) of hot water to each pan and mix ingredients thoroughly.
5. Add 1.5 lbs. of dry pasta to mixture in each pan and blend using rubber spatula.
6. Cover the pan and transfer to pre-heated oven and bake at 325°F for 30 minutes.
7. Remove pan from oven, stir well, then add black beans, peppers, onions, and tomatoes.
8. Return to oven covered for an additional 10-15 minutes to heat thoroughly.
9. Remove pan(s) and top with cheese, crushed tortilla chips and return to oven for an additional 5 minutes or until golden brown.

* Portion: 7.77 oz. serving by weight or 1 cup by volume

* One serving provides: 2.0 oz. M/MA + 1.0 oz. Grain Equivalent + 1/4 cup R/O

Vegetable + 1/8 cup Other Vegetable

Meal Components (SLE)

Amount Per Serving

Meat	1.14
Grain	0.69
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.69
Legumes	0.07
Starch	0.00

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories	223.39		
Fat	10.65g		
SaturatedFat	6.54g		
Trans Fat	0.00g		
Cholesterol	34.29mg		
Sodium	380.79mg		
Carbohydrates	21.63g		
Fiber	2.70g		
Sugar	1.91g		
Protein	11.85g		
Vitamin A	397.51IU	Vitamin C	12.11mg
Calcium	246.60mg	Iron	1.16mg

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

Korean Beef Street Tacos

Servings:	24.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13011
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	5 Pound	2 oz per taco 2 Tacos per serving	964512
SAUCE BBQ KOREAN 29FLZ GSIG	2 1/2 Pound	Weight the sauce	632971
CARROT SHRD MED 2-5 RSS	16 Ounce		313408
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	2 Each		702633
ONION GREEN CLPD 4-2 RSS	1 Ounce	Chopped	198889

Preparation Instructions

PREPARATION

Prep Time: 60 minutes

For best results, thaw Sous Vide Beef in cooler (less than 40°F) for 48-72 hrs.

Prepare Korean Beef: From thawed state (oven method)

1. Remove contents of bag (meat and juices) and place in a SS pan insert. Evenly break up the Sous Vide beef to ensure proper mixing.
2. Combine 2.5 lbs of the Korean BBQ sauce with the Sous Vide Beef.
3. Place sauce and beef mixture in a 350°F oven uncovered and cook for approx. 30-40 minutes (to an internal temperature of 165°F for 15 seconds -(HACCP Critical Control Point).
4. Remove from oven then place in a holding cabinet covered until service. (Hold at 145°F or higher - HACCP Critical Control Point)

To assemble tacos

1. Remove Korean Beef from warmer and shred with fork or tongs.
2. Warm tortilla before assembling on griddle, oven or in warmer.
3. Top each tortilla with: #30 scoop / 2 Tbsp / 2.16 oz (by weight) of shredded Korean Beef.
4. Top with 1 tsp. Matchstick Carrots and sliced green onions
5. Finish with a drizzle of Korean BBQ Sauce

Serving is 2 street tacos

Nutritional Contribution:

One serving provides: 2.0 M/MA and 2 oz. Grain Equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.03
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	134.04
Fat	4.29g
SaturatedFat	1.73g
Trans Fat	0.00g
Cholesterol	63.01mg
Sodium	86.77mg
Carbohydrates	3.47g
Fiber	0.64g
Sugar	1.49g
Protein	20.73g
Vitamin A 3177.48IU	Vitamin C 1.16mg
Calcium 18.01mg	Iron 2.03mg

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

ANAHEIM CHILI CHICKEN BURRITO

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13038
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Anaheim Chili/Salsa/Cheese Chicken Burritos	1 Each		634894

Preparation Instructions

BAKE

Recommended Preparation Instructions:

Spray lined Sheet pan with cooking spray.

Line the sheet pan with a single layer of burritos.

Defrost burritos for 24 hours in a refrigerator.

Preheat oven to 350°

Cover sheet pans with foil and place in oven.

Bake for 30 minutes or to an internal temperature of 165°.

Let stand covered for 10 minutes before serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	60.00mg		
Carbohydrates	34.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	27.00g		
Vitamin A	8.00IU	Vitamin C	30.00mg

Calcium 15.00mg **Iron** 15.00mg

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

Chicken Anaheim Chili Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13040
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Anaheim Chili/Salsa/Cheese Chicken Burritos	1 Each		634894

Preparation Instructions

BAKE

Recommended Preparation Instructions:

Spray lined Sheet pan with cooking spray.

Line the sheet pan with a single layer of burritos.

Defrost burritos for 24 hours in a refrigerator.

Preheat oven to 350°

Cover sheet pans with foil and place in oven.

Bake for 30 minutes or to an internal temperature of 165°.

Let stand covered for 10 minutes before serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	60.00mg
Carbohydrates	34.00g
Fiber	5.00g
Sugar	3.00g
Protein	27.00g
Vitamin A 8.00IU	Vitamin C 30.00mg

Calcium 15.00mg **Iron** 15.00mg

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

Carrots with Hummus Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18851
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	0/1 Cup		599921
HUMMUS ORIG 2-4# KRON	2 Ounce	READY_TO_EAT No cooking preparation needed. Just remove from refrigeration, stir, spoon into dish or onto desired food item and serve.	760960

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	82.31		
Fat	6.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	119.37mg		
Carbohydrates	4.52g		
Fiber	3.21g		
Sugar	0.30g		
Protein	2.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.31mg	Iron	0.03mg

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

Scrambled Eggs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18859
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	1/2 Cup		584584

Preparation Instructions

Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

Shelf Life

FROZEN= 1 YR. COOLER= 7 DAYS. PASTEURIZED & HOMOGENIZED.

Basic Preparation

CONVECTION OVEN - HEAT OVEN TO 250F. PLACE SCRAMBLED EGGS IN FULL SIZE STEAMER PAN SPRAYED WITH NON-STICK SPRAY; COVER TIGHTLY WITH FOIL. STIR AS NECESSARY (OPTIONAL: ADD 1/2 CUP TO 3/4 CUP OF WATER TO PAN. THAWED 15-20 MIN. FROZEN 20-25 MIN.

Meal Components (SLE)

Amount Per Serving

Meat	1.52
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	106.06		
Fat	6.06g		
SaturatedFat	1.52g		
Trans Fat	0.00g		
Cholesterol	189.39mg		
Sodium	333.33mg		
Carbohydrates	1.52g		
Fiber	0.00g		
Sugar	1.52g		
Protein	9.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.58mg	Iron	1.52mg

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

Italian Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18986
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	3 Ounce	One # 10 can has 38 - 3 oz. servings.	592714

Preparation Instructions

Basic Preparation

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. Heat the meatballs and sauce until the internal temperature of the meatball reaches 165 F. serve 4 per order.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.54
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	186.14		
Fat	9.00g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	529.57mg		
Carbohydrates	10.29g		
Fiber	3.14g		
Sugar	6.29g		
Protein	14.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.14mg	Iron	1.00mg

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

Rotini Pasta with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18987
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	6 Ounce	Use a 6 oz. spoodle to serve There are 80 / 6oz. servings per case.	728590

Preparation Instructions

Thaw product in the refrigerator. Cut open bags and place in a roaster pan. Cover and heat pasta until it temps at 145 F. Sever with the Bosco Breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	1.61
Grain	0.40
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	170.08		
Fat	12.90g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	43.55mg		
Sodium	488.71mg		
Carbohydrates	19.35g		
Fiber	3.23g		
Sugar	6.45g		
Protein	14.52g		
Vitamin A	0.00IU	Vitamin C	18.55mg
Calcium	44.35mg	Iron	2.42mg

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

Beef Pot Roast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18988
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	3 1/2 Ounce	3.5 per serving (including juice) 137 - 3 oz. servings per case.	964512

Preparation Instructions

Thaw product before cooking.

1. Cut open bags and place in roaster pans.
2. Heat until the internal temperature of the beef reaches 165 F.
3. Pull beef apart into shreds.
4. serve a 3 oz. portions.

Meal Components (SLE)

Amount Per Serving

Meat	2.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	121.65		
Fat	4.27g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	66.16mg		
Sodium	44.82mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.34g		
Vitamin A	7.47IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	2.13mg

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

Black Tiger Cafe Wings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19112
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD JMBO OVN RSTD 3-5 TYS	4 Piece	4 wings per order.	778030

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen wings on a foil lined baking sheet and bake uncovered for 28-32 minutes.

Heat fully cooked wings to an internal temperature of 140-145°F.

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 400°F. Place frozen wings on a foil lined baking sheet and bake uncovered for 15-18 minutes.

Heat fully cooked wings to an internal temperature of 140-145°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	26.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	600.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	0.00g
Protein	28.00g

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

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

Barbacoa Taco Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	2 1/2 Ounce	3 oz. per serving	964512
SEASONING MESQ HRB&FAJITA 22Z TRDE	1 Teaspoon		527971
Lettuce 70/30 Iceberg/Romaine 4/5#	2 Ounce	2 oz. shredded Lettuce	2780
TOMATO ROMA DCD 3/8 2-5 RSS	2 Ounce		786543
CHEESE CHED SHRD 6-5 COMM	2 Ounce		199720

Preparation Instructions

Thaw beef prior to cooking.

Place beef in a roaster.

Cook beef until internal temperature reaches 145 F.

Serve with Red Beans & Rice (see menu)

Meal Components (SLE)

Amount Per Serving

Meat	3.52
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	324.14		
Fat	21.05g		
SaturatedFat	13.22g		
Trans Fat	0.00g		
Cholesterol	107.26mg		
Sodium	837.01mg		
Carbohydrates	1.75g		
Fiber	0.58g		
Sugar	0.17g		
Protein	27.33g		
Vitamin A	5.34IU	Vitamin C	0.00mg
Calcium	8.37mg	Iron	2.00mg

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

Red Beans & Rice

Servings:	140.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19665
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1 Gallon		722987
Cold Water	2 Gallon		0000
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061
SALT IODIZED 25 CARG	3 Teaspoon		108286
SPICE PEPR BLK REST GRIND 5 TRDE	2 Teaspoon		242179
SALSA 103Z 6-10 REDG	103 Ounce	one full can	452841
BEAN RED 6-10 GCHC	103 Ounce	one full can drained	190209
Taco Seasoning Mix	1/4 Cup		5935879

Preparation Instructions

Rice instructions:

1. Mix all ingredients in a large roaster pan. Tightly cover with foil then place in the oven for about 30-45 minutes until the rice absorbs the liquid. **DO NOT OVERCOOK!!**
2. Add salsa, drained red beans, and taco seasonings.
3. Place back in the oven and heat to 145° F. (**DO NOT OVERCOOK!!**)

Cooking Note:

The rice can be cooked ahead of time. Follow HAACP Plan for cooling and reheating.

You can substitute black beans or pinto beans.

Follow the HACCP Plan for cooling and reheating leftovers.

Meal Components (SLE)

Amount Per Serving

Meat	2.94
Grain	0.46
Fruit	0.00
GreenVeg	0.00

RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 140.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	258.37		
Fat	1.26g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	319.97mg		
Carbohydrates	47.82g		
Fiber	7.36g		
Sugar	1.96g		
Protein	12.13g		
Vitamin A	85.71IU	Vitamin C	0.00mg
Calcium	45.79mg	Iron	4.09mg

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

Smile Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20306
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	4 Ounce	4 oz. per serving	228818

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.83

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	215.77		
Fat	7.47g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	298.76mg		
Carbohydrates	33.20g		
Fiber	3.32g		
Sugar	0.00g		
Protein	3.32g		
Vitamin A	0.00IU	Vitamin C	3.98mg
Calcium	0.00mg	Iron	0.60mg

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

Bosco Cheese-Bread Stick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20309
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	1 Each		235411

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

DEEP_FRY

Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing
3. Bosco Sticks may be thawed in packaging.
4. Bosco Stick have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		150.00	
Fat		5.00g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		220.00mg	
Carbohydrates		17.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	1.00mg

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

Hashbrown

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20310
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each		242241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	125.00		
Fat	6.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	245.00mg		
Carbohydrates	14.50g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.35mg

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

Corn Dog on A Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20312
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX ORIG 72-4Z GCHC	1 112 g.		862182

Preparation Instructions

Conventional Oven: Frozen- Preheat oven to 375 degrees F. Place corn dogs on a nonstick baking sheet. Heat for 20 minutes. Thawed: Preheat oven to 375 degrees F. Place corn dogs on a nonstick baking sheet. Heat for 15 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Tony's Deep Dish Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20313
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 WGRAIN 4.98Z 6-10CT TONY	1 Each		605922

Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	310.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	440.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.10mg

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

Waffle (For Chicken & Waffle)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20322
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BELG 48-1.59Z AVIETA	1 Each		556094

Preparation Instructions

Oven: Pre-heat oven to 400 degrees F. Remove frozen waffles from packaging and arrange on a clean sheet pan in a single layer. Bake uncovered for 3 to 5 minutes (based on oven type).

45.08g

cal. 140

total fat 7g

chol.15mg

sodium 95mg

carbs. 15g

fiber 1g

sugar 3g

protein 3g

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Burger Patty NO BUN

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20326
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each		105880

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Ovens vary. Adjust accordingly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	140.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	290.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Mac & Cheese Side

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20327
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	2 Ounce		527582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.67
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	93.33		
Fat	3.67g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	8.33mg		
Sodium	223.33mg		
Carbohydrates	9.67g		
Fiber	0.67g		
Sugar	2.00g		
Protein	5.67g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	133.33mg	Iron	0.36mg

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

Pretzel & Cheese Sauce

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20328
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 353.00mg	Iron 1.80mg

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

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
SAUCE GEN TSO 4-5GAL ASIAN	1/4 Cup		802850

Preparation Instructions

BAKE

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

Mix General Tso Sauce with Cooked Popcorn Chicken. You may need to thin the sauce out with some water. If needed, place back in the oven to bring it back to the proper temperature.

Serve over rice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.91		
Fat	14.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	1061.82mg		
Carbohydrates	47.27g		
Fiber	3.27g		
Sugar	29.09g		
Protein	15.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.18mg

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

BBQ Beef Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	910.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	3.80mg

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

Red Beans & Rice

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD 1/2 2-3 RSS	3 1/2 Quart		283959
ONIONS YEL CHL DICE 5 LB BG	3 1/2 Quart		02541
GARLIC CRSHD FRESH 6-2 P/L	2 Teaspoon		768154
RICE, BROWN LONG GRAIN PARBOILED	1 1/2 Quart		2809291
SPICE CUMIN GRND 15Z TRDE	1/3 Cup		273945
SPICE OREGANO LEAF 8.5 TRDE	1/3 Cup		228443
SALT IODIZED 12-26Z DIAC	1 1/2 Tablespoon		392473
Black Pepper	1 1/2 Tablespoon		24108
BEAN KIDNEY 6-10 COMM	1 3/4 Gallon		173860
SALSA 6-10 COMM	1/2 Gallon		150570

Preparation Instructions

Combined all ingredients together and bake for 30-45 minutes or until the rice has absorbs the liquid.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
OtherVeg	0.28
Legumes	0.56
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	192.91
Fat	1.38g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	202.88mg
Carbohydrates	38.76g
Fiber	7.42g
Sugar	6.12g

Protein	7.89g
Vitamin A 154.36IU	Vitamin C 33.58mg
Calcium 4.17mg	Iron 0.60mg

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

Veggie Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20873

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	2/3 Cup		676463

Preparation Instructions

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	73.33		
Fat	0.68g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	119.49mg		
Carbohydrates	14.67g		
Fiber	1.09g		
Sugar	0.82g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.09mg

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

Pepperoni Sub sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20875

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	8 Slice		729973
CHEESE MOZZ IMIT SHRD FTHR 4-5 KE	1 Ounce		311995
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	554.67		
Fat	29.43g		
SaturatedFat	13.17g		
Trans Fat	0.00g		
Cholesterol	16.00mg		
Sodium	1608.00mg		
Carbohydrates	52.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	14.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.19mg

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

Orange Ginger Chicken

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23102
School:	CUYAHOGA FALLS BOLICH MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	2 Tablespoon		802860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	0.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	290.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

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

Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23711
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	1 Each		474964

Preparation Instructions

For best results, allow to thaw prior to cooking. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating at an internal temperature of 165 degree F as measured by a food thermometer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Pizza Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23712
School:	Cuyahoga Falls Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each		143271

Preparation Instructions

BAKE

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on a lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00		
Fat	20.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	427.00mg	Iron	2.21mg

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

Pineapple-Chicken Fried Rice

Servings:	33.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 Pound		676463
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Quart	Juice drain and and add 1 cup of juice to the mixture	189979
SAUCE SWT & SOUR 4-1GAL LACHY	2 Cup		242292

Preparation Instructions

1. Mix all ingredients together.
2. Cover and place in a 350 F oven until the temperature reaches 165 F.
3. Serve a 6 oz. scoop.

Meal Components (SLE)

Amount Per Serving

Meat	2.11
Grain	0.08
Fruit	0.09
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	173.49		
Fat	4.27g		
SaturatedFat	1.21g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	194.88mg		
Carbohydrates	16.19g		
Fiber	0.55g		
Sugar	8.69g		
Protein	15.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.92mg	Iron	0.93mg

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

Pizza Bites w/Marinara Dipping Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23923
School:	Cuyahoga Falls Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each		143271

Preparation Instructions

BAKE

Cooking Instructions:

Keep frozen until ready to prepare.

Due to differences in appliances, cooking times may vary and require adjustment.

If cheese becomes visible, remove from heat.

Caution - Product will be hot! CONVECTION OVEN:

1. Preheat oven to 350°F.
2. Arrange product in a single layer on lined baking sheet.
3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00		
Fat	20.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	427.00mg	Iron	2.21mg

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

BT Cafe Tater Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28892

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Heat taco meat according to manufacturers directions. Use a #16 scoop to serve.	722330
BEAN CHILI MEX STYLE 6-10 GCHC	1/4 Cup	Heat beans to 145* F. serving using a #16 scoop.	192015
SALSA 103Z 6-10 REDG	1 Ounce	#30 scoop	452841
CHEESE CHED MLD SHRD 4-5 LOL	3/4 Ounce	#40 scoop	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	serve with chopped romaine	451730

Preparation Instructions

1. Prepare Potato Tots in the oven according to the manufacturer's directions.
2. Place 4 oz. of tots in a boat.
3. Add #16 scoop of warm taco meat.
4. Add #16 scoop of warm Mexican beans.
5. Add #30 Scoop of salsa.
6. Add #40 shredded cheddar cheese.
7. Serve with 1 cup of chopped Romaine Lettuce.

Meal Components (SLE)

Amount Per Serving

Meat	2.62
Grain	0.00
Fruit	0.00
GreenVeg	0.50

RedVeg	0.17
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	391.23
Fat	15.86g
SaturatedFat	4.88g
Trans Fat	0.18g
Cholesterol	32.88mg
Sodium	1073.96mg
Carbohydrates	42.91g
Fiber	7.94g
Sugar	3.43g
Protein	18.27g

Vitamin A	406.94IU	Vitamin C	8.87mg
Calcium	130.01mg	Iron	2.93mg

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Wild Mike's Pizza Bites

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29178
School:	CUYAHOGA FALLS HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wild Mike's Cheese filled Breadstick	3 Each	serve with marinara	

Preparation Instructions

CONVECTION

Conventional Oven:

Using a sheet pan, place frozen Breadsticks on Paper liner. Bake at 350 F Low Fan for 6-8 minutes.

For even cooking rotate pans part way through cooking process.

Due to oven variances, times and temperatures may require adjustments.

Breadstick will be HOT. Allow breadsticks to cool a few minutes before serving. Please note that cooking times and temperatures will vary with different ovens.

Please start with these estimates and adjust your oven accordingly

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	210.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	405.00mg
Carbohydrates	22.50g
Fiber	1.50g
Sugar	1.50g
Protein	10.50g

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

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