

# **Cookbook for CUYAHOGA FALLS HIGH SCHOOL**

**Created by HPS Menu Planner**

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**Mac & Cheese Side**

**Pretzel & Cheese Sauce**

**General Tso Chicken**

**BBQ Beef Hoagie**

**Red Beans & Rice**

**Veggie Fried Rice**

**Pepperoni Sub sandwich**



**Orange Ginger Chicken**

**Stromboli**

**Pizza Bites**

**Pineapple-Chicken Fried Rice**

**Pizza Bites w/Marinara Dipping Sauce**

**BT Cafe Tater Bowl**

**Wild Mike's Pizza Bites**

# Fish Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-210
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Criss-Cross Sweet Potato Fries

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-213
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Beef Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-217
<b>School:</b>	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

<b>Meat</b>	2.53
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00

<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	610.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	275.83mg	<b>Iron</b>	3.45mg

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# Grilled Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-224
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Stuffed Crust Pizza

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-226
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Chicken Nuggets

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-228
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.80
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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



<b>Protein</b>	11.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	1.52mg

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# Deli Roasters

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-229
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.49

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-230
<b>School:</b>	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

<b>Meat</b>	2.01
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Chicken Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-231
<b>School:</b>	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

<b>Meat</b>	1.97
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

**Calcium** 232.03mg **Iron** 1.85mg

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# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-232
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# French Toast

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-233
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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

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

# Fiesta Black Beans

<b>Servings:</b>	27.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-234
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



# Calzone with Marinara Sauce

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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Breaded Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-236
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	595.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	55.00mg	<b>Iron</b>	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

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.79

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Curly Twister Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-238
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.89

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Sweet Potato Crinkle Cut Fries

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.44
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

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

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

# Waffle Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-240
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.66

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Black Pepper Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-242
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



# Triangle Hash Browns

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.45

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Mini Corn Dog

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.67
<b>Grain</b>	1.67
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

# Mixed Green Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-256
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Drum Stick

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-257
<b>School:</b>	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

# Brown Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-258
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# French Bread Pizza

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-259
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Popcorn Chicken Bites

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-260
<b>School:</b>	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

<b>Meat</b>	1.83
<b>Grain</b>	0.92
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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



<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg
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# Mac & Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Lasagna Roll-ups

<b>Servings:</b>	110.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-262
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

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

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# Garlic Bread

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-263
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Chicken Strips

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-264
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Orange

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-267
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

# Fresh Blueberry Cup

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-268
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

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

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# Corn

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



# BBQ Meatball Bowl (MS)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-396
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Soft Pretzel

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-397
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Meatloaf With Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-398
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Sausage Links

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-399
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	173.33mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	7.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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# Celery & Carrot Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-400
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.57
<b>RedVeg</b>	0.57
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Chicken Quesadilla

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Fresh Cooked Carrots

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Hot Dog (TURKEY) on a bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Baked Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-411
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Cornbread Muffin

<b>Servings:</b>	72.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-412
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Boneless Wings with dipping sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-413
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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# Mashed Potatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-415
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

<b>Protein</b>	1.92g		
<b>Vitamin A</b>	167.20IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.61mg	<b>Iron</b>	0.29mg

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

# Breakfast Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-418
<b>School:</b>	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

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Yogurt & Graham Crisps

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-419
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



# Mini Waffles

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-420
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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

# Fruit Frudels

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-421
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Breakfast Fruit Muffins

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-422
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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# Burger & Cheese Burger on a Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-464
<b>School:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Toasted Cheese on a Pretzel Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-465
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Sweet & Sour Chicken Bowl

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-466
<b>School:</b>	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

<b>Meat</b>	1.83
<b>Grain</b>	0.92
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

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# Vegetable Eggrolls

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-467
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# BBQ Pulled Pork Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-468
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# SRIRACHA CHICKEN

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-469
<b>School:</b>	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

<b>Meat</b>	1.56
<b>Grain</b>	0.63
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Breakfast for Lunch

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-831
<b>School:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.22

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Tomato Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-843
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

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# Golden Crispy Chicken Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-847
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.00mg

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# Steamed Broccoli

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-849
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# CHICKEN NUGGETS (HS)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-869
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.20
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Far East Vegetable Blend

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-870
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Fiestada Pizza

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-873
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

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

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# Chicken Gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-874
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Pears (Fresh)

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-876
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	6.28
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Corn & Black Bean Fiesta Blend

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-877
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.14
<b>Starch</b>	0.14

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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# Coney Dog on a bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-878
<b>School:</b>	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

<b>Meat</b>	2.63
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Italian Meatball Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-879
<b>School:</b>	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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.71
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Fish Sandwich on a bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-881
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Chicken Egg Rolls

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-882
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Maple Pancakes

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1020
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# CinnABar

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1021
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Beacon Street Sliders

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1023
<b>School:</b>	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

<b>Meat</b>	0.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Frudels

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1024
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Breakfast Round UBR's

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1025
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.50mg

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# BOSCO BREAKFAST STICKS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1028
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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# WALKING TACO

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1029
<b>School:</b>	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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	85.62mg	<b>Iron</b>	1.87mg

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# BROCCOLI FLORETS & RANCH DIP

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1030
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Spaghetti with Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1458
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Turkey Corn Chowder

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.30
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.04
<b>Legumes</b>	0.00
<b>Starch</b>	0.23

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

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

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# Turkey Empanada

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

<b>Meat</b>	0.54
<b>Grain</b>	0.26
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00



**Nutrition Facts**

Servings Per Recipe: 85.00

Serving Size: 1.00 Each

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

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# Chicken Egg Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2385
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Blueberry Waffles

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-2395
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# BBQ Chicken Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2396
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Coney Dog on a bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2397
<b>School:</b>	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

<b>Meat</b>	2.63
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Sandwich Turkey Burger MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2529
<b>School:</b>	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	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated 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

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

<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.93mg
<b>Calcium</b>	53.70mg	<b>Iron</b>	2.54mg

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# Marinated Cole Slaw

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2530
<b>School:</b>	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

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



<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.33
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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

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<b>Vitamin A</b>	110.01IU	<b>Vitamin C</b>	43.69mg
<b>Calcium</b>	51.86mg	<b>Iron</b>	0.33mg

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# Fries Sweet Potato Crinkle MTG

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Muffin & Yogurt

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-2564
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Peas & Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2571
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.47
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Super Donut

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

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Refried Beans

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2587
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

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# Ranch Wedge Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2674
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.68

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Breakfast ZEE ZEE Bar & Yogurt

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3230
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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



# Carrot Sticks & Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1/2 cup

#### Amount Per Serving

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

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# Ravioli with Meat Balls

<b>Servings:</b>	36.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	0.53
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05

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

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Serving

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

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

# Alfredo Sauce

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3334
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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# Rotini Pasta With Alfredo (HS)

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3335
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.88mg

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# Domino's Smart Slice

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3773
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

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

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# Oven Roasted Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3777
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Chicken Tenders (HS)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3783
<b>School:</b>	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

<b>Meat</b>	2.67
<b>Grain</b>	1.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Rotini Pasta (HS)

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

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# Apple Cinnamon Breakfast Stick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3947
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.00mg	<b>Iron</b>	2.00mg

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# Breakfast Yogurt Parfaits

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4024
<b>School:</b>	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

<b>Meat</b>	2.99
<b>Grain</b>	2.33
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Cucumbers & Tomatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Pasta Meat Sauce (HS)

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.38
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.60
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Cheese Sauce for Pasta

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

1. Mix all ingredients in a roaster pan.
2. 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

<b>Meat</b>	0.92
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Pasta with Cheese Sauce

<b>Servings:</b>	37.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.09
<b>Grain</b>	1.30
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 1.00 Serving

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

<b>Calcium</b>	39.39mg	<b>Iron</b>	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)

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4258
<b>School:</b>	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

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# Pasta with Cheese Sauce & Meatballs

<b>Servings:</b>	38.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4259
<b>School:</b>	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

<b>Meat</b>	1.18
<b>Grain</b>	1.47
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		383.90	
<b>Fat</b>		17.39g	
<b>SaturatedFat</b>		11.05g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		36.89mg	
<b>Sodium</b>		867.42mg	
<b>Carbohydrates</b>		44.71g	
<b>Fiber</b>		4.67g	
<b>Sugar</b>		3.51g	
<b>Protein</b>		16.11g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	321.59mg	<b>Iron</b>	1.58mg

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

# Cheese Pizza (HS)

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.75
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	205.00
<b>Fat</b>	6.75g
<b>SaturatedFat</b>	3.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.75mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	25.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	1.50g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg



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

# Pepperoni Pizza (HS)

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.75
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

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

<b>Sugar</b>	1.38g
<b>Protein</b>	11.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.00mg	<b>Iron</b> 1.19mg

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# Popper Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4458
<b>School:</b>	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

<b>Meat</b>	1.70
<b>Grain</b>	0.73
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.63
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	491.42
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.05mg
<b>Sodium</b>	1475.60mg
<b>Carbohydrates</b>	57.78g
<b>Fiber</b>	4.98g

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

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

# Cheddar Pretzel Stick

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4609
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

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

# Sloppy Joe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4700
<b>School:</b>	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

<b>Meat</b>	2.15
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.11
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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



# Turkey Sandwich

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

<b>Meat</b>	1.87
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

# Italian Deli Sub

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

<b>Meat</b>	2.33
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

# Beef Nacho

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

<b>Meat</b>	1.99
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.19
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

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

# Mesquite Chicken Nacho

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

<b>Meat</b>	2.74
<b>Grain</b>	27.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.19
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

<b>Meat</b>	0.73
<b>Grain</b>	27.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.19
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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



<b>Protein</b>	47.03g
<b>Vitamin A</b> 187.43IU	<b>Vitamin C</b> 3.08mg
<b>Calcium</b> 810.10mg	<b>Iron</b> 22.60mg

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# Sloppy Joe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8955
<b>School:</b>	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

<b>Meat</b>	3.15
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.11
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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# Cinnamon Maple French Toast Bites

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10005
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

#### Amount Per Serving

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

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# Apple

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Fresh Red Grapes

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.33
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Applesauce

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

# Strawberry Cups

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Chickpea & Quinoa Buddha Bowls

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.48
<b>Legumes</b>	0.38
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13010
<b>School:</b>	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

<b>Meat</b>	1.14
<b>Grain</b>	0.69
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.69
<b>Legumes</b>	0.07
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 8.00 Fluid Ounce

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

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

# Korean Beef Street Tacos

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13011
<b>School:</b>	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

<b>Meat</b>	2.03
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 2.00 Each

#### Amount Per Serving

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

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

# ANAHEIM CHILI CHICKEN BURRITO

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13038
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13040
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18851
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	82.31		
<b>Fat</b>	6.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	119.37mg		
<b>Carbohydrates</b>	4.52g		
<b>Fiber</b>	3.21g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	2.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.31mg	<b>Iron</b>	0.03mg

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# Scrambled Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18859
<b>School:</b>	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

<b>Meat</b>	1.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	106.06		
<b>Fat</b>	6.06g		
<b>SaturatedFat</b>	1.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	189.39mg		
<b>Sodium</b>	333.33mg		
<b>Carbohydrates</b>	1.52g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.52g		
<b>Protein</b>	9.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.58mg	<b>Iron</b>	1.52mg

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# Italian Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18986
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.54
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	186.14		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	529.57mg		
<b>Carbohydrates</b>	10.29g		
<b>Fiber</b>	3.14g		
<b>Sugar</b>	6.29g		
<b>Protein</b>	14.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.14mg	<b>Iron</b>	1.00mg

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# Rotini Pasta with Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18987
<b>School:</b>	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

<b>Meat</b>	1.61
<b>Grain</b>	0.40
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	170.08		
<b>Fat</b>	12.90g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.55mg		
<b>Sodium</b>	488.71mg		
<b>Carbohydrates</b>	19.35g		
<b>Fiber</b>	3.23g		
<b>Sugar</b>	6.45g		
<b>Protein</b>	14.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	18.55mg
<b>Calcium</b>	44.35mg	<b>Iron</b>	2.42mg

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

# Beef Pot Roast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18988
<b>School:</b>	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

<b>Meat</b>	2.13
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	121.65		
<b>Fat</b>	4.27g		
<b>SaturatedFat</b>	1.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	66.16mg		
<b>Sodium</b>	44.82mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.34g		
<b>Vitamin A</b>	7.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.67mg	<b>Iron</b>	2.13mg

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

# Black Tiger Cafe Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19112
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	4.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	28.00g

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

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# Barbacoa Taco Bowl

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

<b>Meat</b>	3.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	324.14		
<b>Fat</b>	21.05g		
<b>SaturatedFat</b>	13.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	107.26mg		
<b>Sodium</b>	837.01mg		
<b>Carbohydrates</b>	1.75g		
<b>Fiber</b>	0.58g		
<b>Sugar</b>	0.17g		
<b>Protein</b>	27.33g		
<b>Vitamin A</b>	5.34IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.37mg	<b>Iron</b>	2.00mg

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# Red Beans & Rice

<b>Servings:</b>	140.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19665
<b>School:</b>	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

<b>Meat</b>	2.94
<b>Grain</b>	0.46
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 140.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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<b>Calories</b>	258.37
<b>Fat</b>	1.26g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	319.97mg
<b>Carbohydrates</b>	47.82g
<b>Fiber</b>	7.36g
<b>Sugar</b>	1.96g
<b>Protein</b>	12.13g

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<b>Vitamin A</b>	85.71IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.79mg	<b>Iron</b>	4.09mg

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# Smile Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20306
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.83

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	215.77		
<b>Fat</b>	7.47g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	298.76mg		
<b>Carbohydrates</b>	33.20g		
<b>Fiber</b>	3.32g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.98mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.60mg

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# Bosco Cheese-Bread Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20309
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		150.00	
<b>Fat</b>		5.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		220.00mg	
<b>Carbohydrates</b>		17.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	1.00mg

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

# Hashbrown

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20310
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	125.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	245.00mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.35mg

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# Corn Dog on A Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20312
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Tony's Deep Dish Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20313
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	280.00mg	<b>Iron</b>	2.10mg

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# Waffle (For Chicken & Waffle)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20322
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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# Burger Patty NO BUN

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20326
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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# Mac & Cheese Side

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20327
<b>School:</b>	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

<b>Meat</b>	0.67
<b>Grain</b>	0.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	93.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.33mg		
<b>Sodium</b>	223.33mg		
<b>Carbohydrates</b>	9.67g		
<b>Fiber</b>	0.67g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.67g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	133.33mg	<b>Iron</b>	0.36mg

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# Pretzel & Cheese Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20328
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 353.00mg	<b>Iron</b> 1.80mg

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# General Tso Chicken

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	390.91		
<b>Fat</b>	14.18g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	1061.82mg		
<b>Carbohydrates</b>	47.27g		
<b>Fiber</b>	3.27g		
<b>Sugar</b>	29.09g		
<b>Protein</b>	15.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.18mg

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

# BBQ Beef Hoagie

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	910.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.00mg	<b>Iron</b>	3.80mg

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# Red Beans & Rice

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.16
<b>OtherVeg</b>	0.28
<b>Legumes</b>	0.56
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	192.91
<b>Fat</b>	1.38g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	202.88mg
<b>Carbohydrates</b>	38.76g
<b>Fiber</b>	7.42g
<b>Sugar</b>	6.12g

<b>Protein</b>	7.89g
<b>Vitamin A</b> 154.36IU	<b>Vitamin C</b> 33.58mg
<b>Calcium</b> 4.17mg	<b>Iron</b> 0.60mg

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

# Veggie Fried Rice

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

<b>Meat</b>	0.00
<b>Grain</b>	0.23
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.01

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	73.33		
<b>Fat</b>	0.68g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	119.49mg		
<b>Carbohydrates</b>	14.67g		
<b>Fiber</b>	1.09g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	1.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.09mg

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# Pepperoni Sub sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	554.67		
<b>Fat</b>	29.43g		
<b>SaturatedFat</b>	13.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.00mg		
<b>Sodium</b>	1608.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	14.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	86.00mg	<b>Iron</b>	2.19mg

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

# Orange Ginger Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23102
<b>School:</b>	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

<b>Meat</b>	1.83
<b>Grain</b>	0.92
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

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# Stromboli

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23711
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Pizza Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23712
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	427.00mg	<b>Iron</b>	2.21mg

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

# Pineapple-Chicken Fried Rice

<b>Servings:</b>	33.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.11
<b>Grain</b>	0.08
<b>Fruit</b>	0.09
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 Ounce

Amount Per Serving			
<b>Calories</b>	173.49		
<b>Fat</b>	4.27g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.44mg		
<b>Sodium</b>	194.88mg		
<b>Carbohydrates</b>	16.19g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	8.69g		
<b>Protein</b>	15.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.92mg	<b>Iron</b>	0.93mg

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# Pizza Bites w/Marinara Dipping Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23923
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	427.00mg	<b>Iron</b>	2.21mg

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



# BT Cafe Tater Bowl

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

<b>Meat</b>	2.62
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50

<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.79

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	391.23
<b>Fat</b>	15.86g
<b>SaturatedFat</b>	4.88g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	32.88mg
<b>Sodium</b>	1073.96mg
<b>Carbohydrates</b>	42.91g
<b>Fiber</b>	7.94g
<b>Sugar</b>	3.43g
<b>Protein</b>	18.27g

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<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	8.87mg
<b>Calcium</b>	130.01mg	<b>Iron</b>	2.93mg

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# Wild Mike's Pizza Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29178
<b>School:</b>	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

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

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		210.00	
<b>Fat</b>		9.00g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		22.50mg	
<b>Sodium</b>		405.00mg	
<b>Carbohydrates</b>		22.50g	
<b>Fiber</b>		1.50g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		10.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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