

Cookbook for Henderson County High School

Created by HPS Menu Planner

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Yogurt with Grahams & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4517
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each		307742
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands before starting

Gather all supplies including small bag.

Place 3 items in bag

Put all items back in cooler until meal time

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	395.00mg		
Carbohydrates	53.00g		
Fiber	3.00g		
Sugar	30.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	618.00mg	Iron	0.36mg

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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4528
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 1 beef patty and 1 slice of cheese per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	11.50g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	525.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	4.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	171.00mg	Iron	3.44mg
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Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4531
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

Preparation Instructions

Wash hands and put on gloves before starting.

Beef Patty:

Conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once patty's are cooked assemble sandwiches and place in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	315.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	3.44mg

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Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4539

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	1/2 Cup		120490
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

CORN CAN BE COOKED WITHOUT THAWING.

STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CORN TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 5 TO 10 MINUTES. DRAIN.

STEAMER: PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED AT 5LB PRESSURE FOR 9 TO 10 MINUTES. DRAIN. . DO NOT BOIL. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

CORN WILL BECOME OVERCOOKED IF HELD TOO LONG; SCHEDULE COOKING OF FROZEN CORN SO IT WILL BE SERVED SOON AFTER COOKING.

BATCH COOK VEGETABLES JUST BEFORE SERVING TO IMPROVE QUALITY

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	81.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	1.00mg	Iron	0.00mg
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Scrambled Egg Mix with Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1 Ounce		533034

Preparation Instructions

Wash hands and put on clean gloves.

Gather all supplies needed.

Scrambled Egg Mix: Place eggs in a sprayed pan. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast: Place slices of bread on sheet pans sprayed with butter spray and spray tops of bread with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

Meal Components (SLE)

Amount Per Serving

Meat	0.88
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 oz

Amount Per Serving

Calories	140.00		
Fat	1.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	270.00mg		
Carbohydrates	15.50g		
Fiber	1.00g		
Sugar	2.50g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	1.00mg

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Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST TKY SAUS WGRAIN 192CT MAX	1 Each		863140

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

PREPARE FROM FROZEN STATE.

CONVECTION OVEN: PREHEAT TO 375°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

ONCE COOKED PLACE IN WARMER UNTIL MEAL TIME.

REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.50 Ounce

Amount Per Serving	
Calories	150.00
Fat	4.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	360.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	2.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.70mg

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Every Day Fruit Juice - HCHS

Servings:	4.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

Preparation Instructions

Ready to drink. keep refrigerated till time of service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 6.75 Ounce

Amount Per Serving

Calories	97.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	24.50g		
Fiber	0.00g		
Sugar	22.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.75mg	Iron	0.00mg

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Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/2 Cup		198226
DRESSING COLE SLAW 4-1GAL GCHC	1 Tablespoon		106992

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

OPEN BAG OF COLE SLAW MIX AND POUR INTO BOWL, POUR IN COLE SLAW DRESSING AND MIX WELL.

POUR INTO SERVING PAN

REFRIGERATE UNTIL MEAL TIME

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	73.33
Fat	4.50g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	126.67mg
Carbohydrates	8.17g
Fiber	0.67g
Sugar	7.00g
Protein	0.33g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	11.67mg	Iron	0.00mg
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Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4569

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD STRPS 1/2 30# GLDKST	2 Ounce		187791
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Ounce		229951
SAUCE ALFREDO FZ 6-5 JTM	1/2 Cup		155661

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

ROTINI NOODLES:

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY.

ONCE ALL COMPONENTS ARE COOKED AND READY COMBINE EVERYTHING, STIR AND PUT IN A SERVING PAN.

SERVE WITH A 6 OZ SPOODLE

Meal Components (SLE)

Amount Per Serving

Meat	3.47
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	193.12
Fat	4.07g
SaturatedFat	1.19g
Trans Fat	0.00g
Cholesterol	56.66mg
Sodium	337.48mg
Carbohydrates	21.87g
Fiber	2.00g
Sugar	1.82g
Protein	19.11g

Vitamin A	60.38IU	Vitamin C	0.00mg
Calcium	57.19mg	Iron	1.21mg

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Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	1/2 Cup		283760
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	164.78		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.82mg

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Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4596
School:	Spottsville Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

- Wash hands and put on clean gloves
- Spray large pan with butter spray
- Line pan with bread and spray top of bread with butter spray
- Cook in oven on 300 degrees until personal state of browning.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	1.00mg

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Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8188

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Spray pan with butter spray

Line pan with bread, place 4 slices of cheese on each piece of bread. Top with additional slice of bread.

Spray top of bread.

Place in 300 degree oven and cook until your desired state of browning.

Meal Components (SLE)

Amount Per Serving

Meat	0.52
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	75.30		
Fat	4.78g		
SaturatedFat	3.15g		
Trans Fat	0.00g		
Cholesterol	15.60mg		
Sodium	101.05mg		
Carbohydrates	4.27g		
Fiber	1.55g		
Sugar	2.25g		
Protein	5.04g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	123.98mg	Iron	0.12mg

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Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8196
School:	Jefferson Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
DOUGH BISC STHRN STYL 216-2.51Z	1		516495

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	360.00		
Fat	23.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	570.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8221
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce		860560

Preparation Instructions

WASH HANDS BEFORE YOU BEGIN

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.46

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	101.15		
Fat	2.76g		
SaturatedFat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.71mg		
Carbohydrates	16.55g		
Fiber	1.84g		
Sugar	0.00g		
Protein	1.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.39mg	Iron	0.66mg

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Pork Rib Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8222
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each		661921
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each		763225

Preparation Instructions

Wash hands and put on clean gloves

Pork Rib Patty:

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.

Once patties are cooked assemble sandwich and place in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	580.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	44.00mg	Iron	2.08mg

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

Chicken Strip Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8233
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each		546561
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce		200697
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice		611910
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Fluid Ounce		242420

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

CHICKEN STRIPS:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

CRINKLE FRIES:

CONVENTIONAL: 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.

GARLIC TOAST:

Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.

GRAVY:

PREPARE AS INSTRUCTED ON PACKAGE

ONCE ALL COMPONENTS ARE PREPARED CUP GRAVY INTO 4 OZ STYROFOAM CUPS, AND BOAT ALL 4 ITEMS TOGETHER IN A 2#BOAT

PUT IN WARMER UNTIL MEAL TIME

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.01

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	619.49		
Fat	26.80g		
SaturatedFat	5.26g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1126.42mg		
Carbohydrates	64.78g		
Fiber	6.04g		
Sugar	2.50g		
Protein	21.52g		
Vitamin A	100.00IU	Vitamin C	85.27mg
Calcium	35.02mg	Iron	3.53mg

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

Scrambled Eggs with Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8234
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce		192330

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Place in oven.

CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast:

Spray pan with butter spray, place bread slices and spray tops of them.

Cook in 300 degree oven to your desired state of browning.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	125.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	260.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	45.00mg	Iron	1.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8235
School:	South Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

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

Double Burger/Cheeseburger - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13923
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	2 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 2 beef patty's per bun.

Add slice cheese for cheeseburger.

Place all assembled sandwiches and extra patties in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	455.00
Fat	22.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	92.50mg
Sodium	625.00mg
Carbohydrates	31.00g
Fiber	1.00g
Sugar	4.50g
Protein	31.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	176.50mg	Iron	4.88mg

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

Pizza/Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13930
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
OLIVE GRN SALAD BRKN MANZ 4-1GAL GCHC	1 Tablespoon		107549
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon		192198
CHEESE COTTAGE SML 1 4- 5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1/2 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	731211

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	5.19
Grain	4.50
Fruit	0.00
GreenVeg	1.25
RedVeg	0.45
OtherVeg	0.70
Legumes	0.00
Starch	2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1008.11
Fat	44.59g
SaturatedFat	18.67g
Trans Fat	0.00g
Cholesterol	162.27mg
Sodium	2097.20mg
Carbohydrates	101.27g
Fiber	13.37g
Sugar	24.26g
Protein	54.53g
Vitamin A 5537.84IU	Vitamin C 45.16mg
Calcium 914.12mg	Iron 7.49mg

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

Pizza/Salad Bar W,F

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13931
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce		570533
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
OLIVE GRN SALAD BRKN MANZ 4-1GAL GCHC	1 Tablespoon		107549
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup		329487
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS 6" WGRAIN 60-5.3Z	1/2 Piece		474094
PIZZA PEPP 6" WGRAIN 60-5.36Z ALPHA	1/2 Piece		174752

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	3.87
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.38
OtherVeg	0.70
Legumes	0.00
Starch	2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	667.58
Fat	29.91g
SaturatedFat	14.55g
Trans Fat	0.00g
Cholesterol	85.83mg
Sodium	1590.07mg
Carbohydrates	59.25g
Fiber	9.37g
Sugar	10.42g
Protein	42.39g
Vitamin A 5501.84IU	Vitamin C 45.16mg
Calcium 344.14mg	Iron 2.60mg

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

Spicy Chicken Sandwich - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18503
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each		536550
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

Preparation Instructions

Wash Hands and Put on Gloves

Get buns out to thaw, if not already thawed.

Chicken Patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble Sandwich and put in warmer or leave separate and place cooked chicken patty's in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories	350.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	430.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	5.60mg

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

Cheddar Garlic Biscuits

Servings:	240.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18504
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT MIX CHED GARL 6-5 GCHC	5 Pound		535871
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup		150250
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622

Preparation Instructions

Wash hands and put on gloves.

Full Batch: 5 lb (Full Box) mix, 3 lbs (6 cups) water or 3 lb 12 oz (7 1/2 cups) buttermilk, 16 oz (4 cups) shredded cheddar cheese, and 8 oz (1 cup) of melted butter.

Half batch: 2.5 lbs mix, 1 lb 8 oz (3 cups) water or 1 lb 14 oz (3 3/4 cups) buttermilk, 8 oz (2 cups) shredded cheddar cheese, and 4 oz (1/2 cup) of melted butter.

Place water in mixer bowl. Add mix and shredded cheese. Mix on low speed for 30 seconds, using a paddle. Using a #20, #24, or #30 scoop drop dough onto an ungreased or parchment lined baking sheet 2 inches apart.

Bake for 7-9 minutes in a 400 degrees F convection oven or 10-13 minutes in a 450 degrees F standard oven.

Brush baked biscuit with melted butter immediately after taking them out of the oven.

TIP: For added flavor, stir in 1- 2 Tablespoons Garlic Herb Seasoning Mix (565164) to 1 cup melted butter and brush over biscuits.

Meal Components (SLE)

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	26.56
Fat	1.91g
SaturatedFat	0.80g
Trans Fat	0.01g
Cholesterol	2.00mg
Sodium	43.50mg
Carbohydrates	1.65g
Fiber	0.08g

Sugar			0.08g
Protein			0.63g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.77mg	Iron	0.09mg

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

Yogurt Bar - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18513
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811490
PEACH DCD 3/8 IQF 2-5 DOLE	1/4 Cup		192151
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/4 Cup		119873
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.83
Grain	0.65
Fruit	0.63
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	345.32
Fat	2.35g
SaturatedFat	0.89g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.01mg
Carbohydrates	73.97g
Fiber	3.12g
Sugar	46.18g

Protein	9.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 269.32mg	Iron 1.12mg

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

Colonel Chick-Filet - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18514
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

Preparation Instructions

Wash Hands and put on gloves.

Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes.

Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	370.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	670.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	3.80mg

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Stromboli - HCHS

Servings:	1300.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19797
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL HOAGIE 6 12-6CT GCHC	1 Each		206580
BEEF CRMBL CKD IQF 6-5# JTM	3 Ounce		661940
SAUCE MARINARA SMOOTH 6-10 PG	1/2 Cup		231762
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Teaspoon		413461
PEPPERS GREEN DCD 1/2 2-3 RSS	1/4 Cup		283959

Preparation Instructions

Place beef crumbles in bags steamer or in tilt skillet out of bag for 30 min or until internal temperature reaches 165 or above.

Mix Italian pizza seasoning and marinara sauce to the beef crumbles.

Place hoagie rolls on sheet pan. Add beef, diced peppers, mozzarella cheese and cook in oven a 350 until reaches internal temp of 165 above and bread has a nice brown look.

Wrap in foil and serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00

Amount Per Serving

Calories	0.53
Fat	0.02g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.06mg
Sodium	1.34mg
Carbohydrates	0.05g
Fiber	0.00g

Sugar			0.01g
Protein			0.03g
Vitamin A	0.11IU	Vitamin C	0.02mg
Calcium	0.39mg	Iron	0.01mg

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

DONUT HOLES W/SUGAR & CINNAMON - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19805
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520
SUGAR CANE GRANUL XFINE 50# P/L	1 Tablespoon		563191
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723

Preparation Instructions

Thaw donuts overnight. Place donuts on flat pan and Heat at 350 for 5 minutes.

Mix sugar and cinnamon together in a pan.

Roll donuts until coated with sugar cinnamon mix.

Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00

Amount Per Serving

Calories	1.63		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.60mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.09g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.07mg	Iron	0.01mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

DONUT BREAKFAST SANDWICH - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Thaw day before. Heat in oven for 1-2 min.	556582
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each	Thaw day before or cook frozen. Cook at 350 for 10-12 min until reaches 165	462489
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	Cook at 350 for about 15 min or until reaches 165.	641783

Preparation Instructions

Can you use commodity sliced cheese and commodity egg patty.

Place sausage and egg omelet on donut. Can add glaze on top of donut. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00

Amount Per Serving

Calories	3.45		
Fat	0.26g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	1.50mg		
Sodium	6.50mg		
Carbohydrates	0.18g		
Fiber	0.01g		
Sugar	0.05g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.86mg	Iron	0.01mg

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

Sausage Biscuit

Servings:	200.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

Preparation Instructions

Cook biscuits as instructed above. Cook sausage as instructed above, cook until internal temp reaches 165 or above. Put sausage patty on biscuit and wrap in foil. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00

Amount Per Serving

Calories	1.56		
Fat	0.09g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	3.01mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.05g		
Vitamin A	0.28IU	Vitamin C	0.00mg
Calcium	0.68mg	Iron	0.01mg

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

Uncrustable - Central

Servings:	5.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20261
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	May also use commodity string cheese.	786580
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	Use these or goldfish grahams	503370
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	Use these or honey maid grahams	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.40
Grain	0.65
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00

Amount Per Serving	
Calories	126.00
Fat	5.80g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	147.00mg
Carbohydrates	15.40g
Fiber	1.40g
Sugar	6.20g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.20mg	Iron 0.80mg

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

Colonel's Hot Brown - HCHS

Servings:	900.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20274
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice	UNSPECIFIED Not Applicable	527380
BREAD TX TST WHT 3/4 SLCD 12-22Z	1 Slice		793350
BACON TKY L/O 28-32CT FZ 2-6 KE	2 Slice		219901
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PARSLEY CALIF CLND 4-1 RSS	1/2 Ounce		272396
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

Preparation Instructions

1. Place turkey bacon on pan & cook until bacon is crispy.
2. Place sliced tomatoes on tray and cook in oven until warm.
3. Spray Texas toast with butter spray & toast in oven until golden brown and crisp.
4. Place 4 slices of ham on toast.
5. Drizzle some cheese sauce over ham and toast.
6. Place 2 tomato slices and drizzle more cheese sauce.
7. Top with two slices of bacon and but complete sandwich in oven to heat thoroughly.
8. Garnish with parsley sprigs.
9. Place in warmer until time to serve.

Meal Components (SLE)

Amount Per Serving

Meat	8.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		0.45	
Fat		0.02g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.12mg	
Sodium		1.51mg	
Carbohydrates		0.03g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.03g	
Vitamin A	0.89IU	Vitamin C	0.01mg
Calcium	0.40mg	Iron	0.00mg

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

Grilled Cheese - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20275
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GCHC	2 Slice		204782
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	9/16 Gram	Use spray or liquid butter	827021
BUTTER ALT LIQ NT 3-1GAL GCHC	9/16 Tablespoon	Use liquid butter or spray	614640
Sliced American Cheese	4 Ounce		100018

Preparation Instructions

Spray with butter spray or spread liquid butter on bottom slice of bread.

Put 4 Slices of Cheese on bread then top with 2nd slice of bread. Spray with butter spray or spread liquid butter.

Bake until bread is toasted and cheese melted, should reach 145 degrees.

Keep in warmer until time to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.34
Fat	0.09g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.20mg
Sodium	0.61mg
Carbohydrates	0.08g
Fiber	0.00g
Sugar	0.02g
Protein	0.05g

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

Calcium 0.11mg **Iron** 0.00mg

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

Wings - HCHS

Servings:	1200.00	Category:	Entree
Serving Size:	1200.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20438
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
RUB CLASSIC BBQ 4.25 TRDE	1 Teaspoon		860421

Preparation Instructions

Coat chicken wings with dry rub and place on flat pan. Cook at 350 degrees for 30-35 minutes or until reach internal temp of 165 degrees or above.

Keep in warmer on flat pans until serving time and maintain temp of 145 degrees internal temp or above.

Can put wings in 1/2 pan on line to serve.

5 wings per servings.

**Optional-can serve with sauces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1200.00

Serving Size: 1200.00 Each

Amount Per Serving

Calories	0.21		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.09mg		
Sodium	0.56mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Queso Chicken & Rice - HCHS

Servings:	1000.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21800
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Thaw and heat.	722110
RICE SPANISH 6-36Z UBEN	3 Ounce	Cook per package instructions.	555169
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Steam until reaches 165 or above internal temp	570533

Preparation Instructions

Mix all three ingredients together and cook until temp reaches internal temp of 165 or above.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	0.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	1.14mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.20IU	Vitamin C	0.00mg
Calcium	0.18mg	Iron	0.00mg

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

Buffalo Chicken Dip - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22635
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	15 Pound	Steam UNCOVERED for 10-12 min until internal temp reaches 165. Drain.	570533
CHEESE CREAM LOAF 10-3 GCHC	15 Pound	LEAVE IN PLASTIC WRAP. Steam for 5-8 min until soft. 15 lbs = 5 loaves	163562
SAUCE HOT 4-1GAL TXPETE	15 Cup		263030
DRESSING RNCH BTRMLK 4-1GAL GCHC	15 Cup		426598
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	15 Quart		606952
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

WE USED FOR 1100 SERVINGS: 6 GALLONS OF HOT SAUCE, 6 GALLONS OF RANCH, 3 CASES + 4LB OF CREAM CHEESE, 5 CASES OF SHREDDED CHEESE, 10 CASES OF DICED CHICKEN.

IF USE BAKEABLE BOWLS, WILL NEED 2 CASES OF 720.

Steam chicken to 165 degrees and soften cream cheese. (See prep instructions)

Mix cream cheese and chicken until combined.

Add hot sauce, ranch dressing, and cheese and mix until combined.

Using 4 oz scoop, place 1 (one) scoop into each bowl.

Bake on convection at 325 for 12-15 min. NO NOT use browning level or turbo.

Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		398.24	
Fat		33.24g	
SaturatedFat		15.31g	
Trans Fat		0.00g	
Cholesterol		85.00mg	
Sodium		772.16mg	
Carbohydrates		3.55g	
Fiber		0.38g	
Sugar		0.60g	
Protein		18.02g	
Vitamin A	430.64IU	Vitamin C	0.00mg
Calcium	275.03mg	Iron	0.44mg

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

McColonel McMuffin - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23341
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each		785880
Egg Patty Round Commodity	1 PATTY		
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Cook sausage & egg patty per their instructions. Make sure they are cooked to 165 degrees internal temp. Once sausage & egg are cooked place on English Muffin along with a slice of cheese and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.76		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.57mg		
Sodium	3.39mg		
Carbohydrates	0.14g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.08g		
Vitamin A	0.28IU	Vitamin C	0.00mg
Calcium	1.06mg	Iron	0.01mg

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

Hot Ham & Cheese - HCHS

Servings:	1300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23354
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	4 Ounce		779160
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS
PLACE ON PAN
PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED
PLACE IN WARMER UNTIL SERVING TIME

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.26		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.97mg		
Carbohydrates	0.03g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.11mg	Iron	0.00mg

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

Zee Zee Nutrition Bar - HCHS

Servings:	120.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27717
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

BBQ Chicken - HCHS

Servings:	900.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27719
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fajita Strips	1 Ounce		17907
Unseasoned, chicken Strips, cooked, frozen	1 Ounce		110462
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

Cook chicken in steamer for 30 min or until internal temp reaches 165 degrees.

Chop up/shred chicken.

Cover and mix with bbq sauce and place in warmer.

Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.54mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Pepper Jack Chicken - HCHS

Servings:	575.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28107
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepper Jack Cheese Stick IW	2 Ounce		238911
Unseasoned, chicken Strips, cooked, frozen	2 Ounce		110462

Preparation Instructions

Cook chicken in steamer until reaches 165 degree internal temp.

Mix in pepper jack cheese then heat until cheese melted.

Serve. - Hold temp at 145 degrees or more.

2 bags of chicken, 1 gallon of shredded Cheddar Cheese & Pepper Jack Cheese.

Salt, Pepper, Garlic Powder, Onion Powder. Serves 65

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 575.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	0.12		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	0.24mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Pop Tarts - 2 pack - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28133
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

Preparation Instructions

Only serve 1 package of 2 poptarts per student. May use a variety of flavors.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.48		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.79mg		
Carbohydrates	1.14g		
Fiber	0.09g		
Sugar	0.46g		
Protein	0.07g		
Vitamin A	6.10IU	Vitamin C	0.00mg
Calcium	3.30mg	Iron	0.05mg

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

Sausage Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28148
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	thaw and serve. No grain value.	685000
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage and Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		3.00	
Fat		0.19g	
SaturatedFat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.20mg	
Sodium		7.70mg	
Carbohydrates		0.28g	
Fiber		0.02g	
Sugar		0.04g	
Protein		0.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.46mg	Iron	0.02mg

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

Cheeseburger - HCHS

Servings:	600.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28158
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Put one piece of cheese on beef patty and places on bun.

Wrap in foil and place in warmer until time to serve. Hold temp should be 145 degrees. Hold time is 4 hours.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.93		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	1.52mg		
Carbohydrates	0.05g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.31mg	Iron	0.01mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Every Day Fruit - HCHS

Servings:	600.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28349
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR 95-110CT MRKN	1 Piece		198056
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
APPLE DELIC GLDN 125-138CT MRKN	1 Piece		597481
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131970
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1 Ounce	READY_TO_EAT Ready to Eat	216300
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
CRANBERRY DRIED 200-1.16Z OCSPR	1 Each		784641
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	READY_TO_EAT	544426
Mixed Berry Cup	1 1	READY_TO_EAT Thaw and Serve	
Strawberry Cups Froz	1		
Peaches, Diced, Cups, Frozen	1		51478

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	0.65g		
Fiber	0.07g		
Sugar	0.51g		
Protein	0.02g		
Vitamin A	0.97IU	Vitamin C	0.40mg
Calcium	0.32mg	Iron	0.01mg

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

Cereal 1 oz - HCHS

Servings:	200.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28382
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		3.90	
Fat		0.05g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.60mg	
Carbohydrates		0.81g	
Fiber		0.06g	
Sugar		0.24g	
Protein		0.06g	
Vitamin A	5.00IU	Vitamin C	0.06mg
Calcium	2.05mg	Iron	0.13mg

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

Cereal 2 oz - HCHS

Servings:	150.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28557
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package		105307
Lucky Charms 2 oz	1 Container		105840
Cinnamon Toast Crunch 2 oz	1 container		105931
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1		105357
Cocoa Puffs 2 oz	1 Container		105850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	5.73		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.07mg		
Carbohydrates	1.21g		
Fiber	0.11g		
Sugar	0.43g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.33mg	Iron	0.06mg

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

Philly Cheese Steak - HCHS

Servings:	525.00	Category:	Entree
Serving Size:	6.25 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28573
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	4 Ounce		720861
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Each		701201
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

If beef steak and cheese are thawed but into pan and steam together to temp of 165.

If not thawed, steam steak to temp of 165 and cheese to at least 140. Once reach temp, mix together.

Serve on Sub Bun.

Hold temp 145.

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 525.00

Serving Size: 6.25 Ounce

Amount Per Serving

Calories	1.46		
Fat	0.09g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	4.79mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.08g		
Vitamin A	2.29IU	Vitamin C	0.01mg
Calcium	1.49mg	Iron	0.01mg

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

Chicken Biscuit - HCHS

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28671

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	Thaw and use, warm if want hot. No Grain	685000
Sliced American Cheese	1 Ounce	OPTIONAL ITEM	100018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.45
Fat	0.28g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	0.41mg
Sodium	12.09mg
Carbohydrates	0.57g

Fiber	0.03g		
Sugar	0.06g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.38mg
Calcium	0.65mg	Iron	0.04mg

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

Sausage, Egg, & Cheese Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28674
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	thaw and serve. No grain value.	685000
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Cheese, American Blended, Yellow, Skim/Red Fat, Sliced	1	1 slice commodity cheese	51551
Egg Patty Round Commodity	1 PATTY	cook at 350 for about 12 min until reaches 165	

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min until reaches 145

Cook Egg at 350 for about 12 min until reaches 165

Put Sausage, Egg, and Cheese on Biscuit and wrap in foil. Serve. Holding temp 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	3.23
Fat	0.20g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.58mg
Sodium	8.15mg
Carbohydrates	0.28g
Fiber	0.02g
Sugar	0.04g
Protein	0.09g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.53mg	Iron	0.02mg

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

Potato Taco - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28703
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SHELLS 4-4.25 187CT MCC	4 Each		649790
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	Thaw in walk in prior to using. to cook steam until temp reaches 165.	722330
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Cup	thaw in walk in prior to using. steam until reaches 145 degrees or more	701201
SAUCE CHS NACHO DLX 6-10 GCHC	1 Cup		323616
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT 100-1Z GCHC	1		745903
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1 Cup		780995

Preparation Instructions

Steam taco filling mixed with salsa until reaches 165 degrees.

Steam queso cheese then hold in warmer.

4 potato skins per serving - Put liquid butter and salt on inside of potato and spread. Spoon nacho cheese onto potato and cook per potato instructions.

When finished cooking place 3 oz of taco filling onto potato and top with shredded cheese then place back in oven to melt cheese.

Serve with sour cream and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00
 Serving Size: 0.00

Amount Per Serving

Calories	2.74
Fat	0.17g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.49mg
Sodium	10.30mg
Carbohydrates	0.16g
Fiber	0.01g
Sugar	0.04g
Protein	0.11g

Vitamin A	2.81IU	Vitamin C	0.01mg
Calcium	3.42mg	Iron	0.01mg

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

Yogurt with Grahams - HCHS

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28785
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

Preparation Instructions

Students get one yogurt, flavor may vary, and 1 graham package.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.82		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.86mg		
Carbohydrates	0.35g		
Fiber	0.02g		
Sugar	0.16g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.01mg

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

Hamburger - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28788
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Place beef patty on bun and wrap in foil. Hold at 145 degrees for no more than 4 hours.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.01		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.21mg		
Sodium	1.37mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.01mg

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

Corn - HCHS

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28789
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup		283730
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

Use commodity corn if available.

CORN CAN BE COOKED WITHOUT THAWING.

Add butter and pepper to taste.

STEAMER: PLACE FROZEN CORN IN STEAMER PAN. STEAM UNCOVERED FOR ABOUT 15-20 MIN. DEPENDING ON NUMBER OF PANS IN STEAMER. DRAIN. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	4.00mg	Iron	0.40mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

McColonel Griddle - HS

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28922
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE FZ 144-1.2Z ECHLK	2 Each		444612
Egg Patty Round Commodity	1 PATTY		
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each		641783
Sliced American Cheese	1 Ounce		100018

Preparation Instructions

Cook each item per item instructions. Make sure all items reach temp of 165 degrees.

Using 2 pancakes place a slice of cheese, 1 egg patty , & 1 sausage patty between the two patties and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.43		
Fat	0.24g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	4.80mg		
Carbohydrates	0.20g		
Fiber	0.00g		
Sugar	0.05g		
Protein	0.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.01mg

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

FISH SANDWICH - HS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29009
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
BUN HAMB SLCD 4 10- 12CT GCHC	1 Each		763233

Preparation Instructions

Cook fish per item instructions.

Place on bun and wrap in foil. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.10		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	4.60mg		
Carbohydrates	0.44g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.55mg	Iron	0.03mg

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Side Salad - HCHS

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29228
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	0.14		
Fat	0.01g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	0.22mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	7.01IU	Vitamin C	0.01mg
Calcium	0.22mg	Iron	0.00mg

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Egg & Cheese Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29322
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each		685000
Egg Patty Round Commodity	1 PATTY		
American Cheese Sliced RF	1 Slice		666204
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Cook biscuit according to instructions on box. Cook @ 350 for about 12 minutes.

Cook egg patty according instructions on box. Cook at 350 for 15 minutes or until internal temp reaches 165 degrees.

Put slice of cheese on biscuit along with egg, wrap in foil, and serve. Holding temp at 145 degrees.

ONLY GFS# 237390 BISCUIT HAS GRAIN VALUE AT 1.5 OZ.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	2.30		
Fat	0.11g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.41mg		
Sodium	7.05mg		
Carbohydrates	0.28g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.07g		
Vitamin A	0.15IU	Vitamin C	0.00mg
Calcium	0.93mg	Iron	0.01mg

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