

# **Cookbook for Chagrin Falls High School**

**Created by HPS Menu Planner**

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**Asian Chicken Wrap**

**CHICKEN TENDERS, GFS #533830**

**CHICKEN TENDERS, HS GFS #533830**

**Nashville Hot Chicken Sandwich**

# Chicken Patty Sandwich, 3.5" WGW Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11182
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each	1589

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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

# Rockin' Redskin Potatoes

<b>Servings:</b>	36.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11183
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
POTATO RDSKN WDG QTRD 2-10 SIMPLYPOT	10 Pound	170887
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/3 Cup	432050
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Teaspoon	565164
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon	224839
Black Pepper	1/2 Teaspoon	24108

## Preparation Instructions

Mix all ingredients together until potatoes are well coated. Divide evenly between two full-size sheet pans. Bake at 375 degrees for 40 minutes until brown and crispy or internal temperature reaches 135 degrees.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	286.60		
<b>Fat</b>	2.05g		
<b>SaturatedFat</b>	0.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	311.11mg		
<b>Carbohydrates</b>	57.89g		
<b>Fiber</b>	17.78g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.89g		
<b>Vitamin A</b>	60.44IU	<b>Vitamin C</b>	14.44mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	2.09mg

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# Master Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11185
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

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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# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11186
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	510637
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup	418439

## Preparation Instructions

Assemble salad. CCP: Hold below 40 degrees for 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>	4.00
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.75 Cup

#### Amount Per Serving

<b>Calories</b>	112.30
<b>Fat</b>	0.13g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	42.50mg
<b>Carbohydrates</b>	23.59g
<b>Fiber</b>	10.41g
<b>Sugar</b>	12.18g
<b>Protein</b>	8.48g
<b>Vitamin A</b> 11088.50IU	<b>Vitamin C</b> 10.43mg
<b>Calcium</b> 153.26mg	<b>Iron</b> 3.22mg

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# Loco Beef Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11187
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	3 Each	714350

## Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion 3.17 oz (#12 scoop) of meat between 3 crispy tacos.
3. Offer with 1 oz souffle cup (.05 oz weight) cheese, lettuce, salsa, tomatoes, & 1 oz souffle cup (.05 oz weight) sour cream

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
<b>Calories</b>	261.40
<b>Fat</b>	11.90g
<b>SaturatedFat</b>	2.80g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	291.90mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	14.80g
<b>Vitamin A</b> 645.00IU	<b>Vitamin C</b> 5.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.00mg

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# Turkey Sandwich, Gurney

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11206
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
WG White Bread	2 Ounce	1071
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	3/4 Ounce	726524

## Preparation Instructions

Assemble Sandwich: Layer 3 slices turkey, 1 slice of cheese on 1 slice of bread. Top with 2nd slice of bread. Cut in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.56
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	235.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	516.25mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	112.50mg	<b>Iron</b>	0.18mg

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# Chipotle Lime Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12796

## Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	9 Cup	516371
CILANTRO CLEANED 4-1 RSS	1/2 Cup	219550
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/2 Cup	567581
Tap Water for Recipes	3 Quart	000001WTR

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.72
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	123.05		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	26.14g		
<b>Fiber</b>	0.73g		
<b>Sugar</b>	0.20g		
<b>Protein</b>	2.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.28mg	<b>Iron</b>	0.72mg

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# Seasoned Black Beans

<b>Servings:</b>	14.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12803
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
BEAN BLACK 6-10 GRSZ	11 Cup	557714
Tap Water for Recipes	3 Cup	000001WTR
BASE CHIPOTLE CONC 6-14.4Z MINR	1/4 Teaspoon	816957
TOMATO PASTE 26% 6-10 REDG	1/4 Cup	773549

## Preparation Instructions

Drain and rinse the beans. Mix the water, chipotle base, and tomato paste. Pour over the beans. Heat on stove. Serve warm. CCP: Heat to 135 degrees or higher. CCP: Hold for hot service at 135 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	208.84		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	570.18mg		
<b>Carbohydrates</b>	37.18g		
<b>Fiber</b>	9.71g		
<b>Sugar</b>	2.14g		
<b>Protein</b>	12.86g		
<b>Vitamin A</b>	57.14IU	<b>Vitamin C</b>	0.69mg
<b>Calcium</b>	100.29mg	<b>Iron</b>	4.82mg

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# Lo Mein Noodles

<b>Servings:</b>	70.00	<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-12807
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	10 Pound	573201
SAUCE ORNG GINGR 4-.5GAL ASIAN	7 1/2 Cup	802860

## Preparation Instructions

- Cook pasta per package directions.
- Divide cooked pasta evenly into 2 full pans.
- Add 3.25 cups orange-ginger sauce to each pan.
- Toss sauce well with pasta.
- Cook in steamer until internal temperature is 135°.

### 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: 70.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	75.02		
<b>Fat</b>	2.86g		
<b>SaturatedFat</b>	1.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.45mg		
<b>Sodium</b>	133.22mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.82g		
<b>Sugar</b>	4.46g		
<b>Protein</b>	6.12g		
<b>Vitamin A</b>	264.08IU	<b>Vitamin C</b>	7.76mg
<b>Calcium</b>	17.96mg	<b>Iron</b>	0.82mg

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# Buttered Noodles

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12821
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
PASTA NOODLE EGG WGRAIN 1/2 2-5#	5 Pound	402763
MARGARINE &BTR BLND CUP 304-10GM	1 Cup	820302

## Preparation Instructions

N/A

### 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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	8.00mg		
<b>Carbohydrates</b>	15.60g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	3.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.76mg

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# All-Beef Hot Dog on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12823
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
Hot Dog Bun, Whole Grain White Cluster	1 bun	1794
FRANKS BEEF 8/ 2-5 GFS	1 Each	417350

## Preparation Instructions

N/A

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.89mg	<b>Iron</b>	0.77mg

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# Fish Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12824
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
4" Whole Grain Hamburger Bun	1	3159

## Preparation Instructions

Cook fish per package directions.

Serve on bun with 2 tartar sauce packets.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	395.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.00mg	<b>Iron</b> 11.08mg

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



# CA Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12825
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.05Z 6-5 GLDKST	1 Each	802220
CHEESE PEPR JK SLCD 6-1.5	1 Slice	777587
4" Whole Grain Hamburger Buns	1 Each	
GUACAMOLE MILD 6-12Z CALA	2 Tablespoon	217255

## Preparation Instructions

Cook chicken per package directions.

Top chicken patty with 1 slice cheese and 2 tbsp guac.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	477.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	835.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	165.00mg	<b>Iron</b>	1.80mg

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

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12827
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
4" Whole Grain Hamburger Buns	1 Each	
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490

## Preparation Instructions

Cook per package directions.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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

# Hummus Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12828
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	1/2 Cup	108171
Baby Carrots	1 Cup	
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	690151
LETTUCE ROMAINE - MIDWEST 1-24CT	1/2 Cup	339430
TOMATO DCD MW RECIPE 6-10 GCHC	2 Slice	316571

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	715.00		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1835.00mg		
<b>Carbohydrates</b>	96.00g		
<b>Fiber</b>	15.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	338.00mg	<b>Iron</b>	8.14mg

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

# Ham & Swiss on Pretzel Bun k-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12829
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	3 Slice	680656
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162

## Preparation Instructions

ALLERGENS: WHEAT, MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	297.50
<b>Fat</b>	10.13g
<b>SaturatedFat</b>	4.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	33.75g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.75g
<b>Protein</b>	17.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 2.67mg

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

# Turkey/Cheese Sandwich All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12831
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice	231053
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409

## Preparation Instructions

ALLERGENS: MILK, SOY WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<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 Each

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	755.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	29.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	348.00mg	<b>Iron</b>	2.36mg

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

# Roast Beef/Cheese Sand

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12832
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
BREAD, 100% WW SLICED, AM	2 Slice	0336
BEEF RST CKD DELI SLCD 6-2 GCHC	1 Ounce	680605

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	215.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

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

# Hummus/Pretz/Veg

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12834
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	1/2 Cup	108171
Baby Carrots	1 Cup	
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package	893711

## 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>	1.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	475.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	995.00mg		
<b>Carbohydrates</b>	59.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	108.00mg	<b>Iron</b>	5.60mg

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

# Tuna Sandwich

<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12836
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TUNA CHNK LT IN WTR 48-5Z STARKIST	1 #2 CAN	268383
MAYONNAISE FAT FREE PC 200-12GM HNZ	1 1/2 Cup	717141
CELERY 24CT MI LOCAL	1 Cup	601553
SPICE ONION POWDER 14Z BADIA	1/8 Teaspoon	430888
BREAD, 100% WW SLICED, AM	26 Slice	0336

## Preparation Instructions

Drain tuna. Add mayonnaise, celery and onion powder. Keep refrigerated per HAACP guidelines.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	181.73		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.58mg		
<b>Sodium</b>	312.12mg		
<b>Carbohydrates</b>	32.35g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.12g		
<b>Protein</b>	6.00g		
<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



# Buffalo Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12837
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/4 Cup	704229
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	150160

## Preparation Instructions

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

Serve with 2 packets mayo.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	502.58
<b>Fat</b>	23.53g
<b>SaturatedFat</b>	10.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	104.67mg
<b>Sodium</b>	3312.95mg
<b>Carbohydrates</b>	47.03g
<b>Fiber</b>	0.17g
<b>Sugar</b>	0.08g
<b>Protein</b>	31.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 281.73mg **Iron** 0.08mg

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

# Chicken Pesto Wrap

<b>Servings:</b>	13.00	<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-12839
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	13 Each	690151
SAUCE PESTO BASIL 2-30Z PG	1 Cup	844761
CHIX BRST CHNK GRLLD PRTND .4Z 4-7.6	2 1/2 Pound	576282
TOMATO PLUM I/JCE 6-10 ACUCINA	1/2 Cup	358914

## Preparation Instructions

Cook chicken per package instructions.

Toss chicken with pesto and wrap.

Include one bag heartzel pretzels and one cup grape tomatoes with sandwich.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.50
<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: 13.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	398.57		
<b>Fat</b>	17.68g		
<b>SaturatedFat</b>	4.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.91mg		
<b>Sodium</b>	490.77mg		
<b>Carbohydrates</b>	50.49g		
<b>Fiber</b>	5.08g		
<b>Sugar</b>	3.31g		
<b>Protein</b>	9.93g		
<b>Vitamin A</b>	76.92IU	<b>Vitamin C</b>	1.62mg
<b>Calcium</b>	247.23mg	<b>Iron</b>	3.08mg

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

# Chicken Ranch Wrap k-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12840
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Each	533830
LETTUCE LEAF DELI 2-5 RSS	1 Piece	416593
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce	537705
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910

## Preparation Instructions

ALLERGENS: EGGS, MILK, SOY, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	641.25		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	7.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	1159.58mg		
<b>Carbohydrates</b>	57.17g		
<b>Fiber</b>	1.67g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	28.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.33mg	<b>Iron</b>	1.58mg

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

# BLT

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12842
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
BACON CKD MED SLCD 3-100CT GFS	4 Slice	314196
TOMATO PLUM I/JCE 6-10 ACUCINA	1/2 Cup	522312
LETTUCE ICEBERG 24CT P/L	2 Slice	840401
MAYONNAISE LT PKT 200-12GM GCHC	2 Package	188741
BREAD, 100% WW SLICED, AM	2 Slice	0336
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	786801
Baby Carrots	1/2 Cup	

## Preparation Instructions

Assemble sandwich with all ingredients.

Serve with two cheese sticks, .5 cup baby carrots and 2 packets mayo.

### 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>	0.67
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	713.50
<b>Fat</b>	28.60g
<b>SaturatedFat</b>	8.40g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	56.00mg
<b>Sodium</b>	1709.10mg
<b>Carbohydrates</b>	81.50g
<b>Fiber</b>	20.00g
<b>Sugar</b>	36.00g
<b>Protein</b>	38.60g

<b>Vitamin A</b>	5411.56IU	<b>Vitamin C</b>	30.18mg
<b>Calcium</b>	605.04mg	<b>Iron</b>	4.78mg

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

# Asian (Tangerine) Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12843
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	791710

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	5.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

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

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12845
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
STRAWBERRY IQF 30 COMM	1/2 Cup	150450
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
GRANOLA BAG IW 144-1.25Z FLDSTN	2 Each	853541

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	239.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	142.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	38.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	0.00mg

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



# Turkey Sandwich, MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12992
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	3/4 Ounce	311405
BREAD, 100% WW SLICED, AM	2 Slice	0336
MAYONNAISE LT PKT 200-12GM GCHC	2 Package	188741
LETTUCE ROMAINE 12CT MRKN	1 Slice	200344
Baby Carrots	1/2 Cup	

## Preparation Instructions

Assemble sandwich.

Include 1 cup baby carrots and 2 mayo packets in container.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	415.00
<b>Fat</b>	18.75g
<b>SaturatedFat</b>	4.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	832.50mg
<b>Carbohydrates</b>	42.25g
<b>Fiber</b>	6.00g
<b>Sugar</b>	7.75g
<b>Protein</b>	17.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	104.00mg	<b>Iron</b>	0.54mg
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# Chicken Quesadilla

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12996
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	144 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	4 1/2 Pound	150250
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 Pound	570533

## Preparation Instructions

Cut tortillas in half.

Sprinkle .5 oz cheese on one tortilla half. Sprinkle 2 oz chicken on top.

Top with remaining half of tortilla.

Cook until cheese is melted and top is browned.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	252.58		
<b>Fat</b>	10.91g		
<b>SaturatedFat</b>	5.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.92mg		
<b>Sodium</b>	274.92mg		
<b>Carbohydrates</b>	20.18g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	18.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	125.83mg	<b>Iron</b>	1.48mg

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

# Cheese Quesadilla

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12997
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	144 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	9 Pound	150250

## Preparation Instructions

Cut tortillas in half.

Place 1 oz cheese on one tortilla half.

Top with remaining half of tortilla.

Cook until cheese is melted and top is browned.

### 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: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	285.00mg		
<b>Carbohydrates</b>	20.00g		
<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>	219.00mg	<b>Iron</b>	1.08mg

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# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13001
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	558110

## Preparation Instructions

Heat hamburger per package directions.

Serve on WG bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	3.80mg

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# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13002
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1 Each	254262
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Cook hamburger per package directions. Add cheese to hamburger.

Serve on WG Bun.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	235.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	1.80mg

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# Veggie Burger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13003
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
BURGER VEGGIE 3.5Z 4-16CT MSTARFM	1 Each	815690
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1 Each	254262

## Preparation Instructions

Heat veggie burger per package directions.  
Serve on WG bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### 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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# Garden Salad, MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13006
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE CHL ROMAINE SHRD 6/2 LB	1 Cup	15D11
Baby Spinach	1 Cup	15R76
CAKE CARROT 4-46Z ORIGC	1/4 Cup	424492
CUCUMBER 1-24CT MARKON	1/4 Cup	238653

## Preparation Instructions

Assemble all ingredients.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	16.95		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.25mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	13.65IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	2.08mg	<b>Iron</b>	0.04mg

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# Roasted Cauliflower

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13014
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 10 MI LOCAL	48 Cup	601400
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup	502146
SEASONING, HOME FRY NO MSG SALT FREE SHELF STABLE SPICE	4 Teaspoon	1353457
Black Pepper	4 Teaspoon	24108

## Preparation Instructions

In a large bowl, combine cauliflower, oil, salt and pepper. Toss to combine.

Transfer cauliflower to a large baking sheet and spread into a single layer. Roast until cauliflower is golden brown, tossing occasionally. Remove from oven and sprinkle with cheese.

### 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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	15.00		
<b>Fat</b>	1.67g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.08g		
<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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# BBQ Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13015
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702
BUN HAMB WHLWHT 4.5" 6-12CT ANTMILL	1 Each	536041

## Preparation Instructions

Cook pork per package directions.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	449.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	373.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

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# Reg Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13041
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1	254262

## Preparation Instructions

Cook per package directions.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	3.00g		
<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>	0.00mg	<b>Iron</b>	1.00mg

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# Chicken Parmesan

<b>Servings:</b>	150.00	<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-13057
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	150 Each	525480
CHEESE PROV SLCD .6Z 6-1.5# GRANDE	150 Slice	244103

## Preparation Instructions

Bake chicken patties according to package directions.

Top each chicken patty with marinara sauce, then provolone cheese.

Bake until cheese is melted and brown.

### 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>	0.41
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	224.57		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	514.44mg		
<b>Carbohydrates</b>	12.28g		
<b>Fiber</b>	4.64g		
<b>Sugar</b>	3.28g		
<b>Protein</b>	20.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.11mg	<b>Iron</b>	1.00mg

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# Broccoli, Rice Casserole

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13061
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
Black Pepper	1 Teaspoon	24108
SPICE GARLIC GRANULATED 20 TRDE	1 1/2 Teaspoon	228435
ONION DEHY CHPD 14Z BADIA	1 1/2 Ounce	430962
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 5/8 Ounce	100036
MILK PWD FF INST 6-5 P/L	3 Cup	311065
SOUP CRM OF MUSHRM 12-18Z PROGR	3 1/4 Cup	267843
BROCCOLI CUTS 12-2.5 GFS	5 Pound	119245
RICE WHITE 12-14Z MINUTE RICE	2 3/16 Pound	366723

## Preparation Instructions

1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, and pepper.
2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Bake:  
Conventional oven: 350° F for 30 minutes  
Convection oven: 300° F for 20 minutes  
DO NOT OVERBAKE.  
CCP: Heat to 140° F or higher.  
OR  
If using previously cooked and chilled rice:  
CCP: Heat to 165° F or higher for at least 15 seconds.
4. CCP: Hold for hot service at 135°F or higher.  
Portion with No. 12 scoop (1/3 cup).  
Food as Purchased

50 Servings 100 Servings

Enrich white rice long grain, reg 15 oz 1 lb 14 oz

Mature onions 10 oz 1 lb 4 oz

Serving

cup (No. 12 scoop) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	23.02		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.40mg		
<b>Sodium</b>	32.86mg		
<b>Carbohydrates</b>	3.69g		
<b>Fiber</b>	0.16g		
<b>Sugar</b>	2.85g		
<b>Protein</b>	1.81g		
<b>Vitamin A</b>	0.30IU	<b>Vitamin C</b>	1.26mg
<b>Calcium</b>	57.04mg	<b>Iron</b>	0.04mg

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

# Grilled Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13074
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
BREAD, 100% WW SLICED, AM	2 Slice	0336
MARGARINE CUP CHURN 432-10GM CNTRYCR	1 Tablespoon	767867
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	2 Each	164216

## Preparation Instructions

Brush both sides of bread with liquid margarine.

Assemble sandwich. Bake until cheese is melted and bread is browned.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	365.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	920.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.00mg	<b>Iron</b> 0.00mg

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

# Roasted Carrots

<b>Servings:</b>	57.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13075
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
Baby Carrots	10 Pound	
OIL OLIVE POMACE 6-1GAL KE	1 Cup	502146
SEASONING, HOME FRY NO MSG SALT FREE SHELF STABLE SPICE	4 Teaspoon	1353457
Black Pepper	3 Teaspoon	24108

## Preparation Instructions

Combine carrots, oil, salt and pepper in large bowl. Spread on baking sheet and bake until sprouts are beginning to brown.

### 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>	0.23
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	44.04		
<b>Fat</b>	4.21g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.65mg		
<b>Carbohydrates</b>	1.33g		
<b>Fiber</b>	0.35g		
<b>Sugar</b>	0.70g		
<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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# Glazed Carrots

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13173
<b>School:</b>	Chagrin Falls Middle School		

## Ingredients

Description	Measurement	DistPart #
Baby Carrots	8 Pound	
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup	184622
SUGAR BROWN LT 12-2 GFS	1 Cup	314641
Tap Water for Recipes	8 Cup	000001WTR

## 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>	0.22
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	62.80		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	0.93g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.17mg		
<b>Carbohydrates</b>	5.17g		
<b>Fiber</b>	0.33g		
<b>Sugar</b>	4.67g		
<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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# Beef Gyro

<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-13473
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
GYRO BEEF RAW SLCD 1.25Z 10 OLYMP	4 Slice	575851
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1 Each	320853

## Preparation Instructions

Cook meet per package directions

### 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: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	30.00g		
<b>SaturatedFat</b>	12.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	1060.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.16mg

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# Grilled, Cheese, Cheddar, GS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20201
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
WG White Bread	2 Slice	1071
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	2 Slice	726524
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon	614640

## Preparation Instructions

Assemble sandwiches. Brush both sides of bread with butter. Bake in oven until cheese melts.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	10.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	301.00mg	<b>Iron</b>	0.00mg

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

# HUMMUS & PRETZELS

<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-25992
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
HUMMUS ORIG 4-5GAL GREC	200 Ounce	209902
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	893711

## 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>	0.26
<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>	8.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.00mg	<b>Iron</b>	2.80mg

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

# Choice of Juice

<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-25993
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940

## 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>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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

# Ham & Cheddar on Croissant k-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26839
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	1 Slice	726524
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce	680656

## Preparation Instructions

ALLERGENS: MILK, SOY, EGG, WHEAT

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 1.86mg

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

# Ham & American Sliders k-6

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26840
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Slice	680656
BUN SLIDER SLCD WGRAIN 2.5 288-1.2Z	2 Each	303071
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

## Preparation Instructions

ALLERGENS: WHEAT, MILK, SOY

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	7.25g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	725.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	13.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 201.50mg	<b>Iron</b> 1.98mg

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

# Brown Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26924
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 1/8 Quart	516371
SALT IODIZED 25 CARG	1/2 Teaspoon	108286

## Preparation Instructions

Bring 3 quarts of water to a boil.

Place 1 quart 1/2 cup of brown rice (1lb 13oz) in each steam table pan (12"x20"x2 1/2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Or use 1 - 4" steam table pan.

Add butter and salt to rice.

Pour boiling water over brown rice. Stir. Cover pan tightly.

Bake:

Convectional oven: 350 degrees F for 40 minutes.

Convection oven: 325 degrees F for 40 minutes.

Steamer: 5 lb pressure for 25 minutes.

Remove cooked rice from oven and let stand covered for 5 minutes. Stir Rice.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 140 degrees F or higher.

Portion with #8 scoop (1/2 cup)

### 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: 0.50 Cup

Amount Per Serving

<b>Calories</b>	115.87
<b>Fat</b>	1.02g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	23.51mg
<b>Carbohydrates</b>	24.54g



<b>Fiber</b>	0.68g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.49mg	<b>Iron</b>	0.68mg

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# Italian Combo Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27078
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	199721
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each	406343
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice	726532

## Preparation Instructions

ALLERGENS: MILK, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	417.95
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.00mg
<b>Sodium</b>	947.88mg
<b>Carbohydrates</b>	42.17g
<b>Fiber</b>	3.17g
<b>Sugar</b>	6.08g
<b>Protein</b>	26.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 286.00mg	<b>Iron</b> 3.74mg

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

# Goldfish, Cheese Cubes & Grapes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27081
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	680130
GRAPES FRSH SEEDLESS 64-2.25Z P/L	4 Ounce	158901

## Preparation Instructions

ALLERGENS: WHEAT, MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<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 Each

#### Amount Per Serving

<b>Calories</b>	356.31		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	531.02mg		
<b>Carbohydrates</b>	46.78g		
<b>Fiber</b>	0.71g		
<b>Sugar</b>	14.22g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	248.72mg	<b>Iron</b>	1.40mg

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

# Nachos w/Cheese Boxed Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27082
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag	136462
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each	528690
SALSA CUP 84-3Z REDG	1 Each	677802
BEAN BLACK 6-10 GRSZ	1/2 Cup	557714

## Preparation Instructions

ALLERGENS: MILK

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	810.00		
<b>Fat</b>	31.00g		
<b>SaturatedFat</b>	13.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1920.00mg		
<b>Carbohydrates</b>	97.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	32.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	728.00mg	<b>Iron</b>	3.00mg

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

# Turkey Coin Lunchable Boxed Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27083
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	5 Piece	394123
CRACKER RITZ 300-2CT NAB	4 Package	426962
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

## Preparation Instructions

ALLERGENS: WHEAT, SOY, DAIRY

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.50mg
<b>Sodium</b>	885.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.94mg	<b>Iron</b> 2.00mg

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

# Turkey/Cheese Sub All

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27084
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each	406343
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409

## Preparation Instructions

ALLERGENS: MILK, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	411.25
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	639.58mg
<b>Carbohydrates</b>	40.17g
<b>Fiber</b>	3.17g
<b>Sugar</b>	6.08g
<b>Protein</b>	31.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 304.33mg	<b>Iron</b> 3.14mg

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

# Buffalo Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27085
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	2 Tablespoon	704229
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

## Preparation Instructions

ALLERGENS: WHEAT, SOY, MILK

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	467.92
<b>Fat</b>	20.33g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.67mg
<b>Sodium</b>	1947.93mg
<b>Carbohydrates</b>	45.83g
<b>Fiber</b>	0.17g
<b>Sugar</b>	0.08g
<b>Protein</b>	28.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	278.00mg	<b>Iron</b>	0.48mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes



# BBQ Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27086
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
SAUCE BBQ 4-1GAL GCHC	2 Tablespoon	734136
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

## Preparation Instructions

ALLERGENS: WHEAT, SOY

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	416.02		
<b>Fat</b>	11.43g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	1062.62mg		
<b>Carbohydrates</b>	58.83g		
<b>Fiber</b>	0.47g		
<b>Sugar</b>	8.08g		
<b>Protein</b>	21.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.00mg	<b>Iron</b>	0.48mg

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

# Asian Chicken Wrap

<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-27217
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
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## 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>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### 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

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

# Asian Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27218
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	791710
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
LETTUCE LEAF DELI 2-5 RSS	1 Piece	416593
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

## Preparation Instructions

ALLERGENS: EGGS, SOY, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	4.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	801.25		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	914.58mg		
<b>Carbohydrates</b>	141.17g		
<b>Fiber</b>	4.17g		
<b>Sugar</b>	13.08g		
<b>Protein</b>	31.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.33mg	<b>Iron</b>	3.52mg

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

# CHICKEN TENDERS, GFS #533830

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 3 EA	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27219
<b>School:</b>	Gurney Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830

## Preparation Instructions

ALLERGENS: SOY, WHEAT

### 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 3 EA

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	405.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.50g		
<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

# CHICKEN TENDERS, HS GFS #533830

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 6 EA	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27220
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	6 Piece	533830

## Preparation Instructions

ALLERGENS: SOY, WHEAT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<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 6 EA

#### Amount Per Serving

<b>Calories</b>	480.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	39.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.00mg

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

# Nashville Hot Chicken Sandwich

<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-29530
<b>School:</b>	Chagrin Falls High School		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT BRD HOT NSHVLL 2-5.75	1 Each	174495
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each	1589
Pickle Slices	2 Each	02544

## 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: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	132.50		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	415.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	5.00g		
<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