

Cookbook for Fairfield Jr.-Sr. High School

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 7.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	1.29g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.57mg
Carbohydrates	23.57g
Fiber	1.86g
Sugar	8.29g
Protein	1.86g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.14mg	Iron	3.09mg

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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Chicken, Diced, Cooked, Frozen	1 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce	UNPREPARED	100012
EGG SHL LRG A GRD PAST 6-30CT	1 Each		265454
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
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	357.54		
Fat	13.16g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	234.27mg		
Sodium	437.47mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	76.00mg	Iron	2.24mg
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Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	UNPREPARED	100012
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	2 Each		607122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
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	413.09		
Fat	16.32g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	76.54mg		
Sodium	518.94mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	29.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.92mg

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Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	187.22		
Fat	3.02g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	36.84mg		
Sodium	108.50mg		
Carbohydrates	24.85g		
Fiber	1.14g		
Sugar	1.65g		
Protein	14.62g		
Vitamin A	37.64IU	Vitamin C	0.00mg
Calcium	38.25mg	Iron	1.14mg

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Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken, diced, cooked, frozen	4 Ounce	Weigh	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
DINNER ROLL, W GRAIN, AM	1 roll		4372

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.25
Fruit	0.00
GreenVeg	1.00
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	414.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	99.00mg		
Sodium	547.00mg		
Carbohydrates	35.50g		
Fiber	5.00g		
Sugar	4.00g		
Protein	38.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 56.00mg **Iron** 8.70mg

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Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each		510876

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13
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	405.57		
Fat	17.18g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	54.16mg		
Sodium	538.33mg		
Carbohydrates	40.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	813.88IU	Vitamin C	6.31mg
Calcium	83.74mg	Iron	3.42mg

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Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

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	450.00		
Fat	28.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	470.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.72mg

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Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup		233404
EGG SCRMBD CKD FZ 4-5 GCHC	3 Fluid Ounce		584584
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce		135261

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	1.22
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	230.38		
Fat	12.38g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	144.55mg		
Sodium	575.84mg		
Carbohydrates	17.55g		
Fiber	2.00g		
Sugar	1.14g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.10mg	Iron	1.74mg

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Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	2 Fluid Ounce		135271

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	326.35		
Fat	15.67g		
SaturatedFat	7.35g		
Trans Fat	0.32g		
Cholesterol	60.29mg		
Sodium	835.95mg		
Carbohydrates	25.13g		
Fiber	4.20g		
Sugar	2.20g		
Protein	21.15g		
Vitamin A	708.07IU	Vitamin C	5.49mg
Calcium	254.22mg	Iron	2.20mg

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Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound		456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.06mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.65mg	Iron	1.57mg

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

Sweet & Sour Chicken**

Servings:	35.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	3 Cup	READY_TO_EAT Ready to Eat	566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Note: Make sure that 4 oz spoodle that students are getting at least 10 pieces of popcorn chicken.

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: 35.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	381.62		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	751.41mg		
Carbohydrates	45.32g		
Fiber	3.00g		
Sugar	22.67g		
Protein	19.00g		
Vitamin A	200.01IU	Vitamin C	0.00mg
Calcium	21.72mg	Iron	1.50mg

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

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22716
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.	451400
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	560.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.70mg	Iron	1.60mg

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23259
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
BLUEBERRY 12-1PT P/L	1/2 Cup		451690
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.31
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.84		
Fat	5.12g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	364.63mg		
Carbohydrates	81.81g		
Fiber	4.04g		
Sugar	56.17g		
Protein	14.28g		
Vitamin A	139.96IU	Vitamin C	7.18mg
Calcium	384.29mg	Iron	1.55mg

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Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23264
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	720.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	20.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23265
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

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: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23267
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.	451400
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	100 Slice		271411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.00		
Fat	23.00g		
SaturatedFat	9.50g		
Trans Fat	1.00g		
Cholesterol	82.50mg		
Sodium	755.00mg		
Carbohydrates	29.50g		
Fiber	2.00g		
Sugar	4.50g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.20mg	Iron	1.60mg

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

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23269
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	100 Each		641402
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	700.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23272
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	100 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Place hot dog in bun and wrap in paper towel. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place pan in steamer, close door, set timer and steam until done.	585815
Aunt Millie's 2.0 Hot Dog Bun - Himes	100 Each		4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	11.00g
Vitamin A	0.00IU
Vitamin C	2.00mg

Calcium	0.00mg	Iron	0.36mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hot & Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23273
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

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

Chicken Parmigiana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23283
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
Chicken Parmigiana Sauce	1/4 Cup		23282
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

Layer chicken pattie, then sauce, then cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	403.39		
Fat	22.02g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	991.92mg		
Carbohydrates	24.09g		
Fiber	3.17g		
Sugar	8.34g		
Protein	26.09g		
Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	215.78mg	Iron	2.04mg

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

Assorted Pop-Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23285
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

Preparation Instructions

Frosted Cinnamon-1.25 Grain

Frosted Strawberry-1 Grain

Frosted Fudge-1.25 Grain

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	186.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.33g		
Protein	2.33g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

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

Assorted Granola Bar

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23287
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.00		
Fat	4.20g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.00mg		
Sodium	111.00mg		
Carbohydrates	26.20g		
Fiber	2.00g		
Sugar	11.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.28mg

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

Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23288
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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

Choice of Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23290
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	160.00
Fat	3.50g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.25mg
Carbohydrates	29.75g
Fiber	3.00g
Sugar	8.75g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.50mg	Iron 1.60mg

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

Choice of Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23292
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CAN TOM 100 48-5.5FLZ CAMP	1 Each		100811
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	56.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	101.00mg
Carbohydrates	13.20g
Fiber	0.20g
Sugar	12.20g

Protein		0.20g	
Vitamin A	0.00IU	Vitamin C	0.24mg
Calcium	11.80mg	Iron	0.21mg

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

Fish n Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23342
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372
FRIES 1/2 C/C CONCRTN 6-4.5 GEN7	3 1/2 Ounce		444539

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	503.20		
Fat	18.49g		
SaturatedFat	3.66g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	664.85mg		
Carbohydrates	62.20g		
Fiber	7.55g		
Sugar	2.00g		
Protein	22.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.54mg	Iron	9.08mg

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

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23349
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
SAUCE BBQ 4- 1GAL SWTBRAY	2 Tablespoon		655937
Aunt Millie's Sandwich Bun- Himes	1 Each		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	870.00mg
Carbohydrates	55.00g
Fiber	3.00g
Sugar	26.00g
Protein	18.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

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

Baked Cinnamon Apples

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23392
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN		117773
SUGAR BROWN LT 12-2 P/L	3 Cup		860311
FLAVORING VANILLA IMIT 1-1GAL KE	6 Tablespoon		110744
SPICE NUTMEG GRND 16Z TRDE	6 Tablespoon		224944
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon		224731

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	83.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.03mg		
Carbohydrates	20.93g		
Fiber	2.16g		
Sugar	17.70g		
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

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23394
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Ounce	UNSPECIFIED Not currently available	570533
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	2 Tablespoon		222380
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

LAYER EACH TORTILLA WITH:

3 ½ oz diced chicken (1/2 c.)

2 slices bacon

2 tbl ranch dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Wrap

Amount Per Serving

Calories	731.67
Fat	41.33g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	144.17mg
Sodium	1815.83mg
Carbohydrates	35.17g
Fiber	4.00g
Sugar	5.00g
Protein	47.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	151.17mg	Iron	3.42mg

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

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23410
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	463.40
Fat	21.67g
SaturatedFat	8.95g
Trans Fat	0.00g
Cholesterol	123.04mg
Sodium	1194.31mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.00g
Protein	35.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	Iron 3.18mg

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

Pudding

Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23480
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 Cup		106771
PUDDING RTS BTRSCOTCH 6-10 GCHC	1 Cup		106747
PUDDING RTS MILK CHOC 6-10 GCHC	1 Cup		163554
PUDDING RTS BAN 6-10 GCHC	1 Cup		244643

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	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	125.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.50mg		
Carbohydrates	24.50g		
Fiber	0.25g		
Sugar	15.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.50mg	Iron	0.25mg

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

Mexican Dip*

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29566
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	2 packages	159204
BEAN REFRD 6-10 P/L	4 #10 CAN		293962
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	2 #5 CAN		514802
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS NACHO DLX 6-10 GCHC	3 #10 CAN		323616
SALSA 103Z 6-10 REDG	3 #10 CAN		452841
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	3.36
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00
 Serving Size: 0.75 Cup

Amount Per Serving

Calories	352.24
Fat	19.44g
SaturatedFat	7.23g
Trans Fat	2.13g
Cholesterol	67.32mg
Sodium	1017.82mg
Carbohydrates	18.17g
Fiber	2.12g
Sugar	2.35g
Protein	22.13g

Vitamin A	363.90IU	Vitamin C	0.00mg
Calcium	42.89mg	Iron	1.38mg

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