

# **Cookbook for Montgomery County High School**

**Created by HPS Menu Planner**

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# BLT Romaine Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20565
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
BACON BITS IMIT 1-10 FARBURY	2 Cup		230904

## 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>	0.50
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Cup

#### Amount Per Serving

<b>Calories</b>	86.20		
<b>Fat</b>	2.20g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	264.50mg		
<b>Carbohydrates</b>	9.50g		
<b>Fiber</b>	4.10g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	7.80g		
<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.61mg

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

# Baby Carrots (1 Cup)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26350
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	Bagged in small Ekon-O-Pac Bag	510637

## 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	66.75
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	16.02g
<b>Fiber</b>	5.34g
<b>Sugar</b>	8.04g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 32099.36IU	<b>Vitamin C</b> 11.70mg
<b>Calcium</b> 56.04mg	<b>Iron</b> 0.54mg

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# Baby Carrots (1/2 Cup)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26351
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	Bag in saddle bag. Home in Ekon-O-Pac	510637

## 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>	0.34
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	22.25		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	40.00mg		
<b>Carbohydrates</b>	5.34g		
<b>Fiber</b>	1.78g		
<b>Sugar</b>	2.68g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	10700.00IU	<b>Vitamin C</b>	3.90mg
<b>Calcium</b>	18.68mg	<b>Iron</b>	0.18mg

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# Baked Beans (Home Delivery)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26352
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup	Portion 1/2 Cup in 5.5 oz. cup with lid.	570710

## Preparation Instructions

Portion 1/2 cup of baked beans in 5.5 oz. cup with lid.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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# Baked Beans (At School)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26353
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup		570710

## Preparation Instructions

Open and empty 2 cans of baked beans in a 4 inch hotel pan. Cover with a lid. Cook at 350 degrees for 45 minutes. Temperature should reach 145 degrees. Each pan should yield 44 servings.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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# Nardone's Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26355
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 96-5Z NARDONES	11		187782

## Preparation Instructions

Place pizza on a perforated sheet pan. Cook at 350 degrees for approximately 12 minutes or until internal temperature reaches 165 degrees.

### 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

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	22.00g		
<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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# Cheeseburger K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26362
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE	658622
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

## Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	375.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g

<b>Protein</b>	17.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.50mg	<b>Iron</b> 2.08mg

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# Hamburger K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26363
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE	658622

## Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

### 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

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	235.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	20.00mg	<b>Iron</b>	2.08mg
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# Uncrustable To Go

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26366
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Thaw at room temperature.	527462
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551

## Preparation Instructions

Combine all ingredients in Ekon-O-Pac bag.

### 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

#### Amount Per Serving

<b>Calories</b>	510.00		
<b>Fat</b>	28.50g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	237.00mg	<b>Iron</b>	1.92mg

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# French Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26367
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN SEAS CRSPY 6-5	1 Cup		123790

## Preparation Instructions

Place french fries on perforated pan. Cook at 350 degrees for approximately 15 minutes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.90

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	346.67		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	53.33g		
<b>Fiber</b>	5.33g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.96mg

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# Trimmings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26369
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 25 MRKN	2 Slice	Wash and slice tomatoes	206032
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595
ONION RED JUMBO 25 MRKN	2 Slice		198722
PICKLE DILL SLCD HAMB 4-1GAL GCHC	1/2 Ounce		149195

## Preparation Instructions

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 slices of onion, and 2 pickles in a saddle bag.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	27.33		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	194.59mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	2.63g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	521.79IU	<b>Vitamin C</b>	7.70mg
<b>Calcium</b>	16.91mg	<b>Iron</b>	0.22mg

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# Chicken Tenders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26372
<b>School:</b>	Camargo Elementary		

## Ingredients

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

## Preparation Instructions

Place chicken tenders on a perforated pan. Cook for approximately 18 minutes, or until internal temperature of 165 degrees.

### 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

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

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# Club Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26378
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779170
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CHEESE AMER SHRD FTNR 4-5# BONGARDS	2 Ounce		344731
BACON CRUMBLES CKD 12-1 GCHC	1 Tablespoon		357220
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
CRACKER CAPTAIN'S WAFER 400-2CT	8 Each		720121

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	322.55
<b>Fat</b>	8.04g
<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.07mg
<b>Sodium</b>	1385.00mg
<b>Carbohydrates</b>	33.71g
<b>Fiber</b>	4.43g
<b>Sugar</b>	12.14g

<b>Protein</b>	31.90g
<b>Vitamin A</b> 5738.55IU	<b>Vitamin C</b> 8.48mg
<b>Calcium</b> 90.15mg	<b>Iron</b> 2.67mg

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

# Popcorn Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26379
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

No Preparation Instructions available.

### 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

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.44mg

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

# Roll K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26380
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each		112401
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.20mg

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# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26381
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup		118737
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

## Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans and 1 package of butter buds. Steam without lid for 45 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	22.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	4.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.40mg

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

# Beefy Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26382
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce		722330

## Preparation Instructions

Prepare taco meet either with a steamer or kettle. Internal temperature should be 165 degrees. Serve with a heaping 3 oz. spoodle.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	114.21		
<b>Fat</b>	5.02g		
<b>SaturatedFat</b>	1.85g		
<b>Trans Fat</b>	0.30g		
<b>Cholesterol</b>	35.88mg		
<b>Sodium</b>	299.27mg		
<b>Carbohydrates</b>	5.13g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	2.05g		
<b>Protein</b>	13.12g		
<b>Vitamin A</b>	661.28IU	<b>Vitamin C</b>	5.13mg
<b>Calcium</b>	42.03mg	<b>Iron</b>	2.05mg

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



# Refried Bean Melt

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26385
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1/2 Cup		293962
SEASONING TACO SLT FR 19.5Z TRDE	1/2 Teaspoon		605062
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1/2 Ounce		344731

## Preparation Instructions

Combine 2 cans of refried beans, 1/2 c, taco seasoning, 25 ounces of cheese in a 4 inch pan. Bake at 350 for 35 minutes with lid.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	146.25		
<b>Fat</b>	2.07g		
<b>SaturatedFat</b>	0.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.27mg		
<b>Sodium</b>	542.50mg		
<b>Carbohydrates</b>	24.05g		
<b>Fiber</b>	6.25g		
<b>Sugar</b>	1.04g		
<b>Protein</b>	8.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.27mg	<b>Iron</b>	2.25mg

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

# Taco Toppings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26386
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 Ounce		344731
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032

## Preparation Instructions

In deli container (551937) assemble 1 c. romaine ribbons, 1 oz. cheese, and 1/4 c. diced tomatoes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	20.60		
<b>Fat</b>	0.24g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.54mg		
<b>Sodium</b>	17.25mg		
<b>Carbohydrates</b>	3.86g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.32g		
<b>Protein</b>	1.61g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	21.04mg	<b>Iron</b>	0.12mg

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

# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26427
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	1 Cup		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	327.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1300.00mg		
<b>Carbohydrates</b>	70.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	14.40mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.44mg

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

# Mashed Potatoes K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26428
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	1/2 Cup		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1/2 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1/2 Tablespoon		209810

## Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

### 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: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	163.50		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.72mg

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

# Mandarin Orange Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26433
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 1/2 Ounce		550512

## Preparation Instructions

Steam bags of sauce for approximately 40-45 minutes. Bake chicken on a sheet pan for approximately 16-18 minutes at 350 degrees. Combine one bag of sauce with one bag of chicken in a 4 inch pan. Serve a heaping 3 oz. spoodle.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	145.83		
<b>Fat</b>	2.92g		
<b>SaturatedFat</b>	0.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.89mg		
<b>Sodium</b>	272.22mg		
<b>Carbohydrates</b>	18.47g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.72g		
<b>Protein</b>	10.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.17mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.70mg

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

# Hamburger 9-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26434
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<p><b>COOKING GUIDELINES:</b> Cook from frozen state.</p> <p><b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p><b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p><b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.</p> <p><b>BAKE</b></p>	658622
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each		558110

## Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

### 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

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	35.00mg	<b>Iron</b>	3.08mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Cheeseburger 9-12

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26435
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<p><b>COOKING GUIDELINES:</b> Cook from frozen state.</p> <p><b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p><b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p><b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.</p> <p><b>BAKE</b></p>	658622
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

## Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

### 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

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	6.50g



<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.50mg	<b>Iron</b>	3.08mg

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

# Roll 9-12

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26439
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

## Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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

# Grape Uncrustable for Home

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26459
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHEESE STRING MOZZ 168- 1Z BONGARDS	1 Each		579050

## 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

Amount Per Serving	
<b>Calories</b>	510.00
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	273.00mg
<b>Iron</b>	1.30mg

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

# Celery Stick Dippers (1 c.)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26460
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup		781592

## 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>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.00mg

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

# Ham & Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26461
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Assemble ham and cheese on sub bun.

### 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

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	780.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	153.50mg	<b>Iron</b>	2.36mg

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

# Farm House Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26462
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Dice tomatoes	206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Dice cucumbers	418439
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 Ounce		344731

## Preparation Instructions

Assemble in deli container (551937). One cup of chopped romaine, 1/4 c. diced tomatoes, 1/4 cup diced cucumbers, 1/2 of hard boiled egg. and 1 ounce of cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	57.55		
<b>Fat</b>	2.77g		
<b>SaturatedFat</b>	0.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.54mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	4.86g		
<b>Fiber</b>	1.63g		
<b>Sugar</b>	3.07g		
<b>Protein</b>	4.69g		
<b>Vitamin A</b>	388.50IU	<b>Vitamin C</b>	6.53mg
<b>Calcium</b>	34.62mg	<b>Iron</b>	1.02mg

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

# Berry Bread Yogurt Bag

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26463
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	450.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	475.00mg		
<b>Carbohydrates</b>	61.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	34.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	340.00mg	<b>Iron</b>	1.20mg

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

# Chicken Fajita Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26464
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD 2-5 PERD	3 Ounce		266310
CHEESE AMER SHRD FTTH 4-5# BONGARDS	1 Ounce		344731
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

Prepare chicken per instructions. Assemble wrap with chicken and cheese.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	272.50		
<b>Fat</b>	7.14g		
<b>SaturatedFat</b>	3.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.54mg		
<b>Sodium</b>	735.00mg		
<b>Carbohydrates</b>	31.11g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.07g		
<b>Protein</b>	22.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.54mg	<b>Iron</b>	2.16mg

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



# Colby Jack Bento Box Wk. 2 Monday

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26465
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

## Preparation Instructions

No Preparation Instructions available.

### 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

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	21.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	200.00mg		
<b>Sodium</b>	385.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	257.00mg	<b>Iron</b>	1.80mg

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



# Chicken Tender Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26466
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 1		344731
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

Prepare chicken per instructions, let cool. Assemble chicken tenders, cheese and lettuce on tortilla.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	3.26
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	415.00		
<b>Fat</b>	16.64g		
<b>SaturatedFat</b>	4.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.54mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	41.61g		
<b>Fiber</b>	4.75g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	23.96g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.54mg	<b>Iron</b>	2.94mg

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

# Grilled Chicken on Penne

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26467
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD 2-5 PERD	2 Ounce		266310
PASTA PENNE CKD 4-5 PG	1 Cup		835900
SAUCE CHS WHT BLND 6-106Z LOL	3 Ounce		235631

## Preparation Instructions

Prepare pasta in steamer or kettle. Cook chicken per instructions. Prepare cheese sauce in steamer or kettle. Place one cup of penne pasta in foil container (361170). Layer 3 oz. of cheese sauce and then 2 oz. of fajita chicken. Use dome lid (387191) to cover.

### 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

#### Amount Per Serving

<b>Calories</b>	456.67		
<b>Fat</b>	17.67g		
<b>SaturatedFat</b>	7.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	73.33mg		
<b>Sodium</b>	975.00mg		
<b>Carbohydrates</b>	48.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	353.33mg	<b>Iron</b>	2.58mg

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

# Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26468
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package		175400

## Preparation Instructions

Assemble in deli container (551937). One cup of chopped romaine, 3 grape tomatoes in one corner and 1 ounce of cheese in the diagonal corner. Serve with croutons and Caesar dressing.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	138.10		
<b>Fat</b>	7.10g		
<b>SaturatedFat</b>	4.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	247.25mg		
<b>Carbohydrates</b>	8.75g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	3.25g		
<b>Protein</b>	9.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	23.50mg	<b>Iron</b>	0.48mg

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

# Honey Uncrustable for Home

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26470
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&HNY WHE IW 72-2.6Z	1 Each		524129
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	0.72mg

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

# Deli Turkey Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26471
<b>School:</b>	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

Thaw croissants. Assemble cheese and turkey on croissant.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g

<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	123.50mg	<b>Iron</b>	1.86mg

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



# Glazed Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26648
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon		613789

## Preparation Instructions

Prepare donut holes per instructions. Drizzle 1 tablespoon of honey dip glaze over donut holes. Serve 6

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	345.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	21.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.46mg

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

# Bacon, Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26649
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
EGG PTY SQ 3 120-1.5Z TBLRDY	1 Each		267633
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
DOUGH BISC STHRN STYL 216-2.51Z	1	BAKE Follow instruction on the package	516495

## Preparation Instructions

Prepare all ingredients per instructions. Assemble bacon, egg patty, and cheese on biscuit.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	324.17		
<b>Fat</b>	17.33g		
<b>SaturatedFat</b>	7.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	118.75mg		
<b>Sodium</b>	717.50mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	12.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	231.50mg	<b>Iron</b>	2.44mg

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

# Golden Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26650
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SHOEPEG WHT 20 LAKESIDE	1 Ounce		442913
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
CORN CUT IQF 30 GCHC	3 Ounce	BAKE	285620

## Preparation Instructions

Add 7.5 lb.s of yellow corn, 5 lbs. of white and 1/2 pkt of butter buds to a 4 inch pan. Cook covered for approximately 30 minutes or until temperature reaches 145 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	123.79		
<b>Fat</b>	1.19g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.93mg		
<b>Carbohydrates</b>	26.73g		
<b>Fiber</b>	1.37g		
<b>Sugar</b>	5.75g		
<b>Protein</b>	3.37g		
<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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# Chicken Sandwich K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26651
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

## Preparation Instructions

Bake chicken patty at 350 degrees for approximately 12 minutes until it reaches 165 degrees. Thaw hamburger buns. Assemble chicken patty on bun.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.80mg

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# Chicken Salad on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26652
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
SALAD CHIX 4-3 GCHC	3 Ounce		127710
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595

## 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

<b>Amount Per Serving</b>			
<b>Calories</b>	463.85		
<b>Fat</b>	27.96g		
<b>SaturatedFat</b>	6.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.50mg		
<b>Sodium</b>	732.24mg		
<b>Carbohydrates</b>	39.38g		
<b>Fiber</b>	2.96g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	14.14g		
<b>Vitamin A</b>	333.23IU	<b>Vitamin C</b>	0.41mg

<b>Calcium</b>	39.77mg	<b>Iron</b>	2.00mg
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# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26655
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/# 10# KENTQ	1 Each		168530
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

## Preparation Instructions

Bake hot dogs at 350 degrees for approximately 10 minutes until internal temperature reaches 165 degrees. Thaw buns. Assemble hot dog on bun.

### 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

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	715.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.41mg	<b>Iron</b>	1.65mg

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

# Macaroni & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26656
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	4 Ounce		654550
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.33
<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

#### Amount Per Serving

<b>Calories</b>	443.33		
<b>Fat</b>	5.33g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	183.33mg		
<b>Carbohydrates</b>	85.67g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	115.67mg	<b>Iron</b>	4.00mg

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# Macaroni & Cheese with Andouille Sausage

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28672

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	200 Ounce		654550
Shredded Cheddar redu fat/sodium	50 Cup		344721
FLOUR H&R SLF RISING 50# WEIS	6 1/4 Cup		212151
MARGARINE SLD 30-1 GCHC	6 1/4 Cup		733061
SAUSAGE CAJN SKNLS 5-1-6 2-5 KENTQ	25 Each		482706
1 % White Milk	50 1 carton		

## Preparation Instructions

In a commercial kettle bring water to boil. Add 12.5 pounds of macaroni. Boil for approximately 8-10 minutes.

In another kettle melt 6.25 cups of butter. Add 6.25 cups of flour to make a roux. Using a whisk combine ingredients. Allow to bubble for approximately 3-5 minutes; stirring continuously. Slowly add 3 and 1/4 gallons of milk; stirring continuously. Allow mixture to bubble and thicken; stirring occasionally. Mix in 50 cups of cheddar cheese; stir until cheese is melted. Fold macaroni into cheese sauce until coated.

Slice 25 andouille sausage on a diagonal approximately 1/4 inch thick. Spread on a sheet pan. Bake at 350 degrees for approximately 5-7 minutes. Serve sausage on top of macaroni and cheese or on the side. Serve 4 slices.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	611.63
<b>Fat</b>	31.50g
<b>SaturatedFat</b>	15.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.25mg
<b>Sodium</b>	869.63mg
<b>Carbohydrates</b>	53.13g
<b>Fiber</b>	2.13g
<b>Sugar</b>	7.75g
<b>Protein</b>	30.00g

<b>Vitamin A</b>	755.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	523.04mg	<b>Iron</b>	2.35mg

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

# Chicken Sub Trimmings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29782
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059

## 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>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	43.15		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.58mg		
<b>Carbohydrates</b>	10.50g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	4.75g		
<b>Protein</b>	1.83g		
<b>Vitamin A</b>	513.82IU	<b>Vitamin C</b>	40.32mg
<b>Calcium</b>	29.27mg	<b>Iron</b>	0.37mg

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

# Buffalo Chicken Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29858
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	3/16 Pound		903490
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	0/1 Gallon		282944
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670

## Preparation Instructions

Steam bake 6 bags of chicken on sheet pans until it reaches 165 degrees. Mix with 1 gallon of hot sauce. Serve 3 oz. and 1 slice of cheese on a sub 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

Amount Per Serving	
<b>Calories</b>	336.69
<b>Fat</b>	9.08g
<b>SaturatedFat</b>	3.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.50mg
<b>Sodium</b>	2776.15mg
<b>Carbohydrates</b>	31.69g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	28.42g
<b>Vitamin A</b> 1538.46IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 159.50mg	<b>Iron</b> 2.89mg

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

# Blueberries with Whipped Topping

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29859
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1/2 Cup		764830
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

## Preparation Instructions

Portion 1/c cup of frozen blueberries and place 1 tablespoon of whipped topping on top.

### 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

#### Amount Per Serving

<b>Calories</b>	52.50		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<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

# Deli Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29860
<b>School:</b>	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CKD OVEN RSTD 2-4 BRICK	4 Ounce	Slice deli chicken on meat slicer on #8.	199900
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

## Preparation Instructions

Serve 4 oz. of deli chicken and 1 slice of cheese on a hamburger bun.

### 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

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	1580.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	34.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.50mg	<b>Iron</b>	2.72mg

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