

Cookbook for

Created by HPS Menu Planner

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Steak Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

- Build Recipe
- Bottom Bun
- Burger
- Cheese
- Top Bun

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 111.50mg **Iron** 2.80mg

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

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29532
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810

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: 0.00

Amount Per Serving			
Calories	380.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.90mg

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

Chicken Patty with Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29533
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 0.00

Amount Per Serving	
Calories	435.00
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	845.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	5.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.50mg	Iron 2.90mg

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

Spicy Chicken Patty on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29534
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 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
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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

Amount Per Serving	
Calories	465.00
Fat	21.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	805.00mg
Carbohydrates	43.00g
Fiber	6.00g
Sugar	5.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 151.50mg	Iron 3.00mg

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

Spicy Chicken Patty w/Cheese on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29535
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 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
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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

Amount Per Serving	
Calories	465.00
Fat	21.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	805.00mg
Carbohydrates	43.00g
Fiber	6.00g
Sugar	5.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 151.50mg	Iron 3.00mg

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Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29536
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	3 Ounce		632160
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	350.00		
Fat	15.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	615.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	25.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.54mg

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

Chicken Smash Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29537
School:			

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
POTATO MASHED SEAS 6-4 OREI	1 Ounce	BOIL STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	249106
GRAVY MIX CHIX 12- 15Z GCHC	1 Tablespoon	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
CORN 6-10 CMDTY	1 Cup		120483

Preparation Instructions

No Preparation Instructions available.

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	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	441.00		
Fat	16.80g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	1058.00mg		
Carbohydrates	55.00g		
Fiber	7.40g		
Sugar	6.20g		
Protein	23.40g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium	26.00mg	Iron	1.51mg
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Pork Carnita Bowls

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29539
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	2 Ounce		632160
RICE MEXICAN FIESTA 6-25.9Z UBEN	1 Cup		473006
VEGETABLE MIX FAJITA CUT 10 RSS	2 Ounce		605565

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	383.70
Fat	9.80g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1168.10mg
Carbohydrates	57.00g
Fiber	5.00g
Sugar	10.00g
Protein	19.70g
Vitamin A 679.95IU	Vitamin C 18.12mg
Calcium 75.80mg	Iron 4.77mg

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Tuna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29540
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA SOLID LT IN WTR 24-12Z GCHC	1 Cup		103322
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	521.20		
Fat	17.00g		
SaturatedFat	4.90g		
Trans Fat	0.00g		
Cholesterol	134.50mg		
Sodium	1277.80mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	65.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	177.66mg	Iron	2.00mg

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

Chicken Salad Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29541
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX DELI 2-4 GCHC	3		139030
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
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

Amount Per Serving			
Calories			315.40
Fat			9.10g
SaturatedFat			3.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			830.10mg
Carbohydrates			52.00g
Fiber			2.50g
Sugar			1.00g
Protein			7.50g
Vitamin A	2665.80IU	Vitamin C	3.31mg
Calcium	93.96mg	Iron	3.31mg

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

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29543
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	1 Piece	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.	283951
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1/2 Cup		702595
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
TOMATO 6X6 LRG 10 MRKN	1/2 Cup		199001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.67
Grain	0.33

Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	415.57
Fat	14.25g
SaturatedFat	3.88g
Trans Fat	0.00g
Cholesterol	8.33mg
Sodium	959.55mg
Carbohydrates	60.33g
Fiber	4.35g
Sugar	3.83g
Protein	13.05g

Vitamin A	2082.60IU	Vitamin C	13.99mg
Calcium	108.48mg	Iron	4.07mg

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

Grilled Chicken with Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Cook Chicken according to recipe	185033
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

Cook Chicken, place on bottom hamburger bun, place cheese on top of chicken then place the top hamburger bun on chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	745.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	29.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.50mg	Iron	2.00mg

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

Chicken Pasta Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29574

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each		185033
ENTREE MACAR & 3CHS 6-5 JTM	5 Ounce		149193

Preparation Instructions

Dice Chicken, add to 3 cheese pasta mix

Keep warm for service

Meal Components (SLE)

Amount Per Serving

Meat	3.92
Grain	0.83
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

Amount Per Serving

Calories	381.67		
Fat	15.83g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	101.67mg		
Sodium	1057.50mg		
Carbohydrates	24.33g		
Fiber	1.67g		
Sugar	2.50g		
Protein	37.17g		
Vitamin A	513.33IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	1.83mg

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

Dynamite Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29575

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	1 Each		517810
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<p>BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.</p>	203270
DRESSING RNCH CHIPOTLE 4-1GAL GFS	2 Tablespoon		166741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	455.00
Fat	27.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	870.00mg
Carbohydrates	28.00g
Fiber	4.00g

Sugar	5.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 2.80mg

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

Turkey Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29576

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY BRGR CKD 2.75Z 3-10 JENNO	1	BAKE	511265

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

Amount Per Serving			
Calories	140.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Philly Cheesesteak

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29578

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
VEGETABLE MIX FAJITA CUT 10 RSS	2 Ounce		605565

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	0.50
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	408.10
Fat	15.40g
SaturatedFat	6.40g
Trans Fat	0.52g
Cholesterol	52.50mg
Sodium	908.50mg
Carbohydrates	44.00g
Fiber	6.00g
Sugar	11.50g
Protein	24.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 178.50mg	Iron 4.16mg

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

Tuna & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29579

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA SOLID LT IN WTR 24-12Z GCHC	1 Cup		103322
DRESSING SALAD LT 4- 1GAL GCHC	1 Tablespoon		429422
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	691.20
Fat	24.00g
SaturatedFat	7.90g
Trans Fat	0.00g
Cholesterol	134.50mg
Sodium	1927.80mg
Carbohydrates	55.00g
Fiber	2.00g
Sugar	3.50g
Protein	66.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.66mg	Iron 3.00mg

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

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Cook Chicken according to recipe	185033
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
6-2 LETTUCE ROMAINE COMM 15D44	1		381403
TOMATO ROMA LRG 25 MRKN	1 Cup		462551

Preparation Instructions

Sliced Chicken, Cheese, Tomato, Lettuce on a wrap

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	1.00

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	517.40
Fat	16.40g
SaturatedFat	6.10g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	1439.00mg
Carbohydrates	60.00g
Fiber	4.20g
Sugar	6.50g
Protein	34.10g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 190.50mg	Iron 4.49mg

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

Chicken on a Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	1.63
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

Amount Per Serving	
Calories	265.00
Fat	12.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	595.00mg
Carbohydrates	28.00g
Fiber	4.50g
Sugar	3.00g
Protein	11.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.83mg	Iron	2.05mg

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

Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG PTY RND 3.5 300- 1.25Z PAP	1 Each		741320
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

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

Amount Per Serving			
Calories	235.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	107.50mg		
Sodium	605.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	189.50mg	Iron	1.60mg

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

Egg, Sausage & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29583
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG PTY RND 3.5 300- 1.25Z PAP	1 Each		741320
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each		785880
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	356.00
Fat	20.00g
SaturatedFat	7.20g
Trans Fat	0.00g
Cholesterol	133.50mg
Sodium	777.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A	56.00IU
Vitamin C	0.00mg

Calcium	205.50mg	Iron	1.60mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hamburger, Classic

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29584
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<p>BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.</p>	203270

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

Amount Per Serving

Calories	250.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	450.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 50.00mg **Iron** 2.80mg

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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29585
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	1 Each		517810
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	305.00
Fat	11.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	670.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g

Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 2.80mg

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

Turkey Hummus Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29586
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
HUMMUS ORIG 4-.5GAL GREC	2 Ounce		209902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.55
Grain	0.00
Fruit	0.00

GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.00
Legumes	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories 548.39

Fat 17.23g

SaturatedFat 3.56g

Trans Fat 0.00g

Cholesterol 41.10mg

Sodium 1566.83mg

Carbohydrates 68.50g

Fiber 7.10g

Sugar 5.50g

Protein 32.29g

Vitamin A 749.70IU **Vitamin C** 12.33mg

Calcium 114.00mg **Iron** 5.25mg

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

Turkey BLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29587
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
BACON TKY CKD 12-50CT JENNO	1 Ounce		834770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.23
Grain	0.00
Fruit	0.00

GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	528.39
Fat	18.23g
SaturatedFat	5.56g
Trans Fat	0.00g
Cholesterol	76.10mg
Sodium	1906.83mg
Carbohydrates	54.50g
Fiber	3.10g
Sugar	3.50g
Protein	36.29g

Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	90.00mg	Iron	3.61mg

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

Greek Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29588
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Cook Chicken according to recipe	185033
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	769045
6-2 LETTUCE ROMAINE COMM 15D44	1		381403
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
CHEESE FETA CRMBL 4- 2.5 P/L	1/4 Cup		716685

Preparation Instructions

Sliced Chicken, Cheese, Tomato, Lettuce on a wrap

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00

GreenVeg	0.25
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	526.20
Fat	18.70g
SaturatedFat	7.55g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1324.50mg
Carbohydrates	56.50g
Fiber	3.10g
Sugar	4.50g
Protein	34.80g

Vitamin A	1049.70IU	Vitamin C	12.33mg
Calcium	123.00mg	Iron	4.25mg

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

Italian Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29590
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	769045
6-2 LETTUCE ROMAINE COMM 15D44	1		381403
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
DRESSING ITAL FF PKT 60-1.5FLZ PMLL	1 Each		824960
TURKEY HAM SLCD 12-1 JENNO	3 Ounce		556121

Preparation Instructions

Sliced Ham, Cheese, Tomato, Lettuce on a wrap, serve with Italian Dressing Packet on side

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.25
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	499.24
Fat	18.60g
SaturatedFat	7.02g
Trans Fat	0.00g
Cholesterol	71.32mg
Sodium	1965.09mg
Carbohydrates	59.50g
Fiber	3.10g
Sugar	7.00g
Protein	24.03g

Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	185.50mg	Iron	3.95mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29591
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	769045
6-2 LETTUCE ROMAINE COMM 15D44	1		381403
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
DRESSING ITAL FF PKT 60-1.5FLZ PMLL	1 Each		824960
TURKEY HAM SLCD 12-1 JENNO	3 Ounce		556121

Preparation Instructions

Sliced Ham, Cheese, Tomato, Lettuce on a wrap

Meal Components (SLE)

Amount Per Serving

Meat	1.80
-------------	------

Grain	0.00
Fruit	0.00
GreenVeg	0.25
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	499.24
Fat	18.60g
SaturatedFat	7.02g
Trans Fat	0.00g
Cholesterol	71.32mg
Sodium	1965.09mg
Carbohydrates	59.50g
Fiber	3.10g
Sugar	7.00g
Protein	24.03g

Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	185.50mg	Iron	3.95mg

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

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29592
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	769045
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.55
Grain	0.00
Fruit	0.00

GreenVeg	0.25
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	463.39
Fat	14.73g
SaturatedFat	6.06g
Trans Fat	0.00g
Cholesterol	53.60mg
Sodium	1506.83mg
Carbohydrates	55.50g
Fiber	3.10g
Sugar	4.00g
Protein	28.79g

Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	168.50mg	Iron	3.25mg

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

Veggie Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29593
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1		381403
TOMATO ROMA LRG 25 MRKN	1/2 Cup		462551
CUCUMBER SELECT 6CT MRKN	1/2 Cup		592323
PEPPERS GRN STRP 3/16 2-3 RSS	1/2 Cup		442151
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
HUMMUS ORIG 4-.5GAL GREC	1 Ounce		209902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.50
OtherVeg	0.50
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		470.00	
Fat		17.40g	
SaturatedFat		5.60g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		1187.25mg	
Carbohydrates		67.00g	
Fiber		6.50g	
Sugar		7.50g	
Protein		14.10g	
Vitamin A	1052.65IU	Vitamin C	72.96mg
Calcium	192.11mg	Iron	4.58mg

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

House Salad Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29594
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG 25 MRKN	1 Cup		462551
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
PEPPERS GRN STRP 3/16 2-3 RSS	1/2 Cup		442151
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	375.10
Fat	26.65g
SaturatedFat	13.65g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	812.25mg
Carbohydrates	20.50g
Fiber	3.75g
Sugar	9.00g
Protein	16.55g
Vitamin A 1829.65IU	Vitamin C 86.02mg
Calcium 444.77mg	Iron 0.90mg

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

Chicken House Salad Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29595
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG 25 MRKN	1 Cup		462551
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
PEPPERS GRN STRP 3/16 2-3 RSS	1/2 Cup		442151
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each		185033

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	1.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	495.10		
Fat	29.15g		
SaturatedFat	14.15g		
Trans Fat	0.00g		
Cholesterol	130.00mg		
Sodium	1202.25mg		
Carbohydrates	21.50g		
Fiber	3.75g		
Sugar	9.00g		
Protein	39.55g		
Vitamin A	1829.65IU	Vitamin C	86.02mg

Calcium 457.77mg **Iron** 1.90mg

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

Ham House Salad Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29596
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG 25 MRKN	1 Cup		462551
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
PEPPERS GRN STRP 3/16 2-3 RSS	1/2 Cup		442151
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.33
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	1.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	421.61		
Fat	28.64g		
SaturatedFat	14.31g		
Trans Fat	0.00g		
Cholesterol	96.58mg		
Sodium	1044.81mg		
Carbohydrates	20.50g		
Fiber	3.75g		
Sugar	9.00g		
Protein	22.53g		
Vitamin A	1829.65IU	Vitamin C	87.35mg

Calcium 444.77mg **Iron** 3.55mg

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

Turkey House Salad Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29597
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG 25 MRKN	1 Cup		462551
6-2 LETTUCE ROMAINE COMM 15D44	2		381403
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
PEPPERS GRN STRP 3/16 2-3 RSS	1/2 Cup		442151
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010
TURKEY BRST DCD 2-5	2 Ounce		451300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.02
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	1.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	421.02		
Fat	27.16g		
SaturatedFat	13.91g		
Trans Fat	0.00g		
Cholesterol	90.41mg		
Sodium	1113.27mg		
Carbohydrates	22.03g		
Fiber	3.75g		
Sugar	9.00g		
Protein	25.22g		
Vitamin A	1829.65IU	Vitamin C	86.02mg

Calcium 444.77mg **Iron** 1.08mg

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Bag		133273
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup		712131

Preparation Instructions

Open Bag, use 3 oz scoop for Beef, 2 oz scoop for cheese, 1 oz scoop for salsa, sour cream on side

Meal Components (SLE)

Amount Per Serving

Meat	3.89
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.29
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	585.43		
Fat	35.64g		
SaturatedFat	17.70g		
Trans Fat	0.27g		
Cholesterol	103.12mg		
Sodium	925.58mg		
Carbohydrates	40.73g		
Fiber	4.89g		
Sugar	3.56g		
Protein	29.11g		
Vitamin A	810.41IU	Vitamin C	4.73mg
Calcium	462.80mg	Iron	3.46mg

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

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29978

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	4 Each		135071
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.60
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	491.03		
Fat	22.50g		
SaturatedFat	10.54g		
Trans Fat	0.48g		
Cholesterol	60.40mg		
Sodium	982.91mg		
Carbohydrates	36.86g		
Fiber	4.23g		
Sugar	8.66g		
Protein	32.83g		
Vitamin A	5.60IU	Vitamin C	0.80mg
Calcium	501.83mg	Iron	3.60mg

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

Turkey Soft Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29979
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Ounce		786543
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400
TORTILLA WRP 12 HNY WHEAT 6-12 TYS	1 Piece	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	768995

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.99
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		593.38	
Fat		26.98g	
SaturatedFat		13.00g	
Trans Fat		0.00g	
Cholesterol		104.82mg	
Sodium		1419.52mg	
Carbohydrates		59.74g	
Fiber		3.33g	
Sugar		6.08g	
Protein		29.03g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	333.18mg	Iron	4.77mg

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

Chicken BLT Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29980
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each		185033
BACON TKY CKD 12-50CT JENNO	1 Ounce		834770
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO SLCD 1/4 5 RSS	1/2 Cup		786535
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Sliced Chicken, Turkey Bacon, Lettuce, Sliced Tomato on a Whole Grain Sub

Meal Components (SLE)

Amount Per Serving

Meat	2.43
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.50
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	418.70		
Fat	13.20g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	1255.75mg		
Carbohydrates	33.00g		
Fiber	3.35g		
Sugar	5.75g		
Protein	40.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	74.50mg	Iron	3.61mg

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

Spicy Chicken Smash Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29981
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SEAS 6-4 OREI	1 Ounce	BOIL STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	249106
GRAVY MIX CHIX 12-15Z GCHC	1 Tablespoon	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
CORN 6-10 CMDTY	1 Cup		120483
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	4 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	561291

Preparation Instructions

No Preparation Instructions available.

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

1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	341.00		
Fat	11.80g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	36.00mg		
Sodium	778.00mg		
Carbohydrates	46.00g		
Fiber	5.40g		
Sugar	7.20g		
Protein	19.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	1.07mg

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

Egg & Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29982
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	255.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	107.50mg		
Sodium	515.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	139.50mg	Iron	1.80mg

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

Egg, Sausage & Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29983
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
SAUSAGE PTY STHR 1.33Z 6-5# COMM	1 Each		785880
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	376.00		
Fat	19.50g		
SaturatedFat	7.20g		
Trans Fat	0.00g		
Cholesterol	133.50mg		
Sodium	687.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	18.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	155.50mg	Iron	1.80mg

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

Pepperoni & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29984
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHT 6-12 TYS	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Grill Heat grill to 400°F. Heat wraps on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each wrap.</p> <p>Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	769045
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	3 Ounce		276662
SAUCE MARINARA A/P 6-10 REDPK	1 Ounce	READY_TO_EAT None	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.38
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.18

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	632.10
Fat	27.57g
SaturatedFat	12.19g
Trans Fat	0.00g
Cholesterol	84.74mg
Sodium	1978.59mg
Carbohydrates	56.62g
Fiber	2.71g
Sugar	6.62g
Protein	34.85g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	496.71mg	Iron	3.88mg

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