

Cookbook for FRHC

Created by HPS Menu Planner

Table of Contents

Grilled Cheese Sandwich

Taco Walking MTG

Sandwich Chicken Patty

Salad Spinach Side MTG

Hot Dog on Bun

Cheeseburger

Popcorn Chicken

Broccoli Steamed

Ham and Cheese Deli

Seasoned Sweet Potato Fries

Cinn Toast Crunch Cereal Kit

Egg And Bacon Bagels

Donut

Breakfast Pizza

Blueberry Muffin

Plain Applesauce

Plain White 1% Milk

100% Apple Juice

100% Orange Juice

100% Fruit Punch

Baked Beans

Turkey Manhattan

Turkey and Noodles

Chicken Fajita

Biscuit and gravy

Deli Sub

Breaded steak and gravy

Spicy Chicken Patty

Chicken Bacon Club

Seasoned Corn

Sock Rockin Chili

Lasagna roll up

Breaded Chicken Leg

Popcorn Chicken

Fish Shapes

Gilardi Pizza(turkey)

Gilardi Pizza(cheese)

Steamed Peas

Potato Wedges

Mashed Potato

Beef n Noodle

Chicken Nuggets

Corn Dog

Fiesta Corn

Seasoned Green Beans

Jello

Mac N Cheese

Apple Crisp

Hot Wings

Bean & Corn Salad

Beef & Bean Burrito

Cali Casserole

Chicken Alfredo with a Twist

Chicken Broccoli Bowl

Cowboy Corn Salad

Fresh Cucumber and Tomato Dip

Garlic Broccoli

General Tso Chicken Crunch

General Tso Chicken Crunch

Lemon Broccoli

Mini Meatball Sub

Quirky Quesadillas

Rotini with Meat Sauce

Cheese Pizza Munchable

Turkey Munchable

Chocolate Chip Hummus

Tacho

Bacon Egg & Cheese Croissant

Vanilla Glazed Donut

Dutch Waffle

Strawberry Spinach Salad

Strawberry Kellogg Pop Tart

Fudge PopTart

Banana Breakfast Bread

Wild Berry Breakfast Bread

Ultimate Breakfast Round

Choc Mini Donut

Powered Mini Donut

Yeast Donut

Oatmeal Choc Chip Bar

Cinnamon PopTart

Banana Chunk Bar

French Toast Bar

Lucky Charm Breakfast Kit

Multi- Grain Cheerio

Coco Puff Kit

fruit Punch

Strawberry Kiwi

Orange Tangerine Juice

Very Berry

Mixed Fruit

Diced Peaches

Mandarin Oranges

Cinnamon Applesauce

Sloppy Joe on Bun

Chili with Beans

Popcorn Bowl

Fajita Chicken Bowl

Hamburger

Taco Stick

Corn dog

Chicken Taco

Grilled Cheese

Rotini

Penne Alfredo

Pepperoni Pizza

Cheese Pizza

Pizza Dippers

Mozz Cheese Sticks

Baby Carrots

Black Beans

Refried Beans

Juice Blend

Mixed Veg

Cherry Sidekick

Marinara Sauce

Applesauce

Raisin

Strawberry

Peachs

Golden Delicious Apple

Fuji Apple

Berries

Cinnamon Applesauce

Diced Pears

Banana

Grapes

Garden Salad

Fajita Chicken Salad

Baked Beans

Turkey Deli Sandwich

White Chicken Chili

Chili

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-426
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE LIQUID 2-17.5 GCHC	1 1/2 Cup		266965
24 oz. Whole Grain Rich Sandwich Bread	2 Slice		1292
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice		150260

Preparation Instructions

Directions:

1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

3: Top each slice of bread with 4 slices (2 oz) of cheese.

4: Cover with remaining bread slices.

5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

6: CCP: Heat to 140° F or higher.

7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

1: Comments:

2: *See Marketing Guide.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		245.40	
Fat		20.66g	
SaturatedFat		10.48g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		940.00mg	
Carbohydrates		4.24g	
Fiber		0.02g	
Sugar		2.02g	
Protein		12.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	326.08mg	Iron	0.08mg

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

Taco Walking MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-427
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Ounce		242489

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25

Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	440.23mg
Carbohydrates	24.52g
Fiber	3.02g
Sugar	1.76g
Protein	10.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.41mg	Iron	2.05mg

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

Sandwich Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-429
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Buns	2 Cup	READY_TO_EAT	3475
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	3 7/13 Cup	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.	281622

Preparation Instructions

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.

1. Cook chicken patty as directed on package.
2. Layer patty on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	9.90
Fat	0.52g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.89mg
Sodium	17.88mg
Carbohydrates	0.82g
Fiber	0.13g
Sugar	0.07g
Protein	0.55g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.12mg	Iron	0.15mg

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

Salad Spinach Side MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-430
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon		560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	+/- 10 lbs	592323

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.09
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.09
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.07mg
Carbohydrates	2.20g

Fiber	1.28g		
Sugar	0.73g		
Protein	1.23g		
Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	34.03mg	Iron	1.09mg

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

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-435
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Cup		304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Cup		517830

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.70
Fat	0.17g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.45mg
Sodium	7.15mg
Carbohydrates	0.20g
Fiber	0.03g
Sugar	0.04g

Protein		0.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.60mg	Iron	0.02mg

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

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-436
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Cup	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
4" Whole Grain Rich Hamburger Buns	2 Cup	READY_TO_EAT	3475
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Cup		722360

Preparation Instructions

WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty, & Cheese. Top with remaining half of roll.

Wrap and hold 135'

3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	3.15
Fat	0.14g
SaturatedFat	0.05g
Trans Fat	0.01g
Cholesterol	0.48mg
Sodium	7.30mg
Carbohydrates	0.28g
Fiber	0.03g

Sugar	0.04g		
Protein	0.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.09mg

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

Popcorn Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-442
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD CKD WGRAIN 20	103 Ounce	bake conventional 350' for 10-14 min/convectional 350' 8-10 min Internal temp must be 165'	528840

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	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	4.13		
Fat	0.20g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.76mg		
Sodium	8.34mg		
Carbohydrates	0.24g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.35g		
Vitamin A	2.58IU	Vitamin C	0.00mg
Calcium	0.43mg	Iron	0.02mg

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

Broccoli Steamed

Servings:	45.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-443
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Package	mix with 1 package of water	209810
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
BROCCOLI CUTS IQF 30 KE	1 Gallon	45 servings	359010

Preparation Instructions

Directions:

WASH HANDS.

Use 2 slotted steam pans, and add 1.5 Gal Frozen Broccoli

Steam broccoli for 7 Minutes

Transfer Broccoli to solid steam pan, and

Mix all ingredients

Do not cover while holding at 135' or above

Child Nutrition: 4 oz spoodle provides= 1/2 cup dark green vegetable

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	14.76
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	84.14mg
Carbohydrates	3.29g

Fiber	1.42g		
Sugar	0.47g		
Protein	1.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.63mg	Iron	0.47mg

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

Ham and Cheese Deli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-445
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Cup		680656
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Cup		722360
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Cup	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

2 slices of Ham, 1 Slice of Cheese, on Whole grain bun

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.85		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.28mg		
Sodium	7.45mg		
Carbohydrates	0.21g		
Fiber	0.03g		
Sugar	0.05g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.01mg

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

Seasoned Sweet Potato Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-446
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sweet Potato Fries Tricut	1 Serving		409461

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Cinn Toast Crunch Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

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

Egg And Bacon Bagels

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12739

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	1 Each		552690

Preparation Instructions

Cook from frozen state. Convection Oven: Preheat to 375. Place unopened wrapper with pizza on a pan. Bake 15-17 minutes or until internal temp reaches a minimum 165 degree. Conventional Oven: Preheat to 400. Place unopened wrapper with pizza on pan. Bake 18-20 minutes or until internal temp reaches minimum 165 degree.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	360.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	1.50mg

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

Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each		668181

Preparation Instructions

Thaw in refrigerator overnight or at room temperature same day.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	230.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

PREHEAT OVEN. CONVECTION OVEN: 350 DEGREES F, 11-14 MINUTES. CONVENTIONAL OVEN: 400 DEGREES F, 16-18 MINUTES. FOR FOOD SAFETY AND QUALITY HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F. APPLIANCES MAY VARY, ADJUST ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	330.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.00mg	Iron	1.80mg

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

Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12752

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION. ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Plain Applesauce

Servings:	96.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	96 Cup	Ready to eat	753911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Plain White 1% Milk

Servings:	50.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12759
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat White Milk	50 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	12.50		
Fat	0.31g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	15.00mg		
Carbohydrates	1.38g		
Fiber	0.00g		
Sugar	1.38g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

100% Apple Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12763

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

Chill prior to serving. Remove attached straw and insert in marked opening.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

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

100% Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

100% Fruit Punch

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-4.23FLZ	4 Fluid Ounce		698240

Preparation Instructions

Chill prior to serving. Remove attached straw and insert in marked opening.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
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	240.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	60.00g		
Fiber	0.00g		
Sugar	56.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	520.00mg	Iron	0.00mg

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

Baked Beans

Servings:	55.00	Category:	Vegetable
Serving Size:	1.00 55	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12785
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	3 #10 CAN	Spray pan with nonstick spray, Drain beans	298913
SUGAR BROWN MED 25 GCHC	1/2 Cup	Add Brown Sugar	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/2 #10 CAN	Add Ketchup	100129
SPICE ONION POWDER 19Z TRDE	1 Tablespoon	Add onion powder	126993
HAM DCD W/A 1/4 3-4 GCHC	1/2 Cup	Add Ham	199834
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon	Add worcestershire sauce	109843
SPICE GARLIC POWDER 21Z TRDE	1/2 Tablespoon	Add garlic powder	224839

Preparation Instructions

Wash hands

Clean lids before opening

Drain-Vegetarian Beans

Combine all ingredients

place in steam pans

Cook (uncovered) at 300' for 30 min or until product reaches 165

Meal Components (SLE)

Amount Per Serving

Meat	1.42
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: 55.00

Serving Size: 1.00 55

Amount Per Serving

Calories	256.10
Fat	0.71g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.11mg
Sodium	914.93mg
Carbohydrates	52.30g
Fiber	7.05g
Sugar	21.98g
Protein	11.34g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.19mg	Iron 2.82mg

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

Turkey Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12786
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	2 Slice	Layer items onto 2 slices of bread	1292
TURKEY & GRAVY CKD 4-7 JENNO	5 Ounce	COOK ACCORDING TO DIRECTIONS	653171
POTATO PRLS EXCEL 12-28Z BAMER	3 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

ASSEMBLE: 2 bread down, place potatoes on bread, ladle turkey over all.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

Meal Components (SLE)

Amount Per Serving

Meat	2.40
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.14

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	584.23		
Fat	12.30g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	54.09mg		
Sodium	2242.14mg		
Carbohydrates	86.40g		
Fiber	6.29g		
Sugar	2.00g		
Protein	36.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	50.86mg	Iron	9.72mg
----------------	---------	-------------	--------

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

Turkey and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12787
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	1 Cup	Add 1 Cup of base to 5 gallons of water. Bring to a boil. Stir in Noodles, & Onions. Boil uncovered for 6 minutes. DO NOT DRAIN	110601
PASTA NOODL KLUSKI 1/8 2-5 GCHC	5 Pound		270385
ONION DEHY CHPD 15 P/L	2 1/2 Cup		263036
MARGARINE SLD 30-1 GCHC	1 Cup	Melt Butter, add flour and stir till smooth	733061
FLOUR A/P 25# WINGOLD	8 Ounce		357250
MILK PWD INST FF 50 MMPA	3 Quart		113336
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
TURKEY POT ROAST 2-5AVG JENNO	12 1/8 Pound		119812

Preparation Instructions

Stir occasioanlly until thickened: Heat to 165 or higher for at least 15 seconds.

Pour into Med helf steamtable pans

Hold at 135 or higher

1 Cup per serving

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.80
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		261.99	
Fat		5.84g	
SaturatedFat		1.94g	
Trans Fat		0.00g	
Cholesterol		59.66mg	
Sodium		339.83mg	
Carbohydrates		32.91g	
Fiber		1.21g	
Sugar		8.59g	
Protein		18.37g	
Vitamin A	123.17IU	Vitamin C	0.98mg
Calcium	192.33mg	Iron	1.61mg

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

Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	1.00 100	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12792
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN.,CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	<p>1 each K-5 2 each 6-12</p>	882690
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN.,CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN.

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

25-30 minutes at 350°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

5-8 minutes in a single layer at 400°F from frozen.

MICROWAVE

Appliances vary, adjust accordingly.

Microwave Oven

3 1

2 to 4 minutes on HIGH power from frozen; hold 1 minute.

Meal Components (SLE)

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 100

Amount Per Serving

Calories	2.25		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	4.08mg		
Carbohydrates	0.18g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.01mg

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

Biscuit and gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12794
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	100 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
GRAVY SAUS CNTRY 6-10 CHEFM	4 #10 CAN	27 servings per can= 108	464694

Preparation Instructions

READY_TO_EAT

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard

reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.

WARM IN HEAVY SAUCEPAN OR DOUBLE BOILER 10-12 MIN OVER MEDIUM HEAT, STIR OCCASIONALLY. SERVE 2 - 4Z SERVINGS OVER WARM SPLIT BISCUITS, TOAST, CORNBREAD, EGGS, WAFFLES, CREPES OR BAKED POTATOES...

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving			
Calories		386.24	
Fat		23.49g	
SaturatedFat		11.14g	
Trans Fat		0.00g	
Cholesterol		20.69mg	
Sodium		927.33mg	
Carbohydrates		35.28g	
Fiber		2.00g	
Sugar		2.00g	
Protein		8.14g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.29mg

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

Deli Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12797
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142
TURKEY BRST SMKD DELI SLCD 6-2 GFS	3 Pound		833592
HAM SLCD .5Z 4-2.5 GFS	1 1/2 Pound		294187
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 1/2 Pound	Ready To eat	189071

Preparation Instructions

Layer each bun with 2 slices of Turkey, 1 slice of ham, and 1 slice of cheese

Hold at 41 or lower to service

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: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	9306.17
Fat	145.56g
SaturatedFat	29.04g
Trans Fat	0.00g
Cholesterol	7.58mg
Sodium	14119.26mg
Carbohydrates	1625.13g
Fiber	116.01g
Sugar	174.53g
Protein	410.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2903.19mg	Iron 116.18mg

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

Breaded steak and gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12798
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85- 3.85Z	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Cook product for 2-3 minutes. Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	667202
GRAVY MIX PEPR DRY 12-24Z GCHC	1/4 Cup		701450

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Prepare gravy, and serve with proper serving size utensels

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	435.34
Fat	23.02g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1211.88mg
Carbohydrates	36.05g
Fiber	2.00g
Sugar	3.01g
Protein	18.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	64.06mg	Iron	2.70mg
----------------	---------	-------------	--------

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

Spicy Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12799
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Cup	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
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Cup	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Layer on bun, wrap, and hold at 135' or higher for serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	370.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	535.00mg		
Carbohydrates	36.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	60.00mg	Iron	3.00mg
----------------	---------	-------------	--------

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

Chicken Bacon Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12800
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Appliances vary, adjust accordingly. Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.	185033
BACON CKD RND 192CT HRML	1 Gram	FULLY COOKED, NEEDS ONLY TO BE WARMED TO SERVING TEMP. MAY BE PREPARED ON GRILL, IN OVEN OR MICROWAVE.	433608
5" WG Hoagie Bun	1 66g		3737
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

Cook all items using manufacturers instructions.

layer Chicken, Bacon, and cheese inside Hoagie bun

Wrap, and hold at 135' or above until serving

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.03
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 1

Amount Per Serving

Calories	161.59
Fat	4.86g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	68.75mg
Sodium	516.44mg
Carbohydrates	2.42g
Fiber	0.03g
Sugar	1.06g
Protein	26.92g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	111.50mg	Iron	1.00mg
----------------	----------	-------------	--------

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

Seasoned Corn

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12808
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	6 Cup	2 Gal per slotted steam pan, steam for 15 min, let sit in steamer another 15 min, and transfer to solid pan	283730
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup	Add 1/2 package to Each Pan	209810
SALT IODIZED 24-26Z GFS	6 Cup	Add 1 tbs to each pan	108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/2 Cup	Add 1/2 tsp pepper	518322

Preparation Instructions

Wash Hands:

Place 2 Gallon corn in each slotted steam pan and steam for 15 minutes (allow to sit inside steamer another 15 minutes)

Transfer to solid hotel pan and combine all ingredients.

Hold, covered at 135' until served

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.60

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 120

Amount Per Serving

Calories	112.55		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.34mg		
Carbohydrates	25.76g		
Fiber	3.20g		
Sugar	4.80g		
Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 5.07mg **Iron** 0.64mg

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

Sock Rockin Chili

Servings:	50.00	Category:	Entree
Serving Size:	10.00 10oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12809
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
ONION DCD IQF 6-4 GCHC	1 Cup		261521
PEPPERS GREEN DCD SWT 12-2 GCHC	2 Cup		508632
CELERY DCD IQF 6-4 GCHC	1 Cup		261513
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon	Add chili powder	331473
BEEF CRUMBLES 8-5 COMM	8 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
BEANS BLACK LO SOD 6-10 BUSH	1/2 #10 CAN		231981
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN		118788
SAUCE TOMATO MW 6-10 GCHC	1 #10 CAN	Add 5 cans of water to sauce	306347
TOMATO DCD PETITE 6-10 GCHC	1 #10 CAN		498871

Preparation Instructions

Place sealed bag of beef crumbles in a steamer or boiling water for 30 minutes or until temp reached 165 degree

Meanwhile wash and chop vegetables if needed

Heat oil in stock pot,

Add Onion, Celery, Peppers and saute until soft (5 minutes)

Add Garlic, Cumin, Chili powder, Diced Tomato and Tomato sauce.

Cook for 15 minutes.

Drain and rinse beans. Add BEEF and BEANS to mixture. Simmer Chili. stir occasionally, for approx 45 min.

Heat to 165' and Hold at 135' or higher

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.78
OtherVeg	0.06
Legumes	0.39
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 10.00 10oz

Amount Per Serving

Calories	270.49		
Fat	9.57g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	30.72mg		
Sodium	945.98mg		
Carbohydrates	25.27g		
Fiber	7.55g		
Sugar	5.13g		
Protein	20.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.96mg	Iron	4.67mg

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

Lasagna roll up

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12812
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES.	234041
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Ounce		573201
CHEESE MOZZ SHRD 4- 5 LOL	1 Tablespoon	sprinkle over top before putting in warmer	645170
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

line shallow pan with sauce, place cheese roll ups in sauce lined pan. cover with more sauce, be careful not to add too much sauce to reduce waste.

Cover with foil and bake for 35 minutes on 350 F or until 165 internal temp, sprinkle with mozz cheese

Cover with foil and bake for 55 minutes on 350 or until 165 internal temp

HACCP Process 2

keep products frozen until ready to cook. Only take out the number you need per day. Allow leftovers to cool to 70F within 2 hours. Then move to fridge (41F) and store overnight

Reheat to 165F and serve leftovers within 1 week

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: 53.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	8.35		
Fat	0.22g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	12.58mg		
Carbohydrates	1.07g		
Fiber	0.04g		
Sugar	0.16g		
Protein	0.46g		
Vitamin A	9.73IU	Vitamin C	0.18mg
Calcium	7.08mg	Iron	0.05mg

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

Breaded Chicken Leg

Servings:	72.00	Category:	Entree
Serving Size:	1.00 72	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12813
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	Thaw before serving	159791

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

Meal Components (SLE)

Amount Per Serving

Meat	0.03
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 72

Amount Per Serving			
Calories	5.56		
Fat	0.26g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	1.04mg		
Sodium	8.61mg		
Carbohydrates	0.47g		
Fiber	0.03g		
Sugar	0.21g		
Protein	0.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.03mg

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

Popcorn Chicken

Servings:	170.00	Category:	Entree
Serving Size:	11.00 170	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12814
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	13 1/13 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.	327120

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

28 servings per bag

170 servings per box

11 pieces per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 11.00 170

Amount Per Serving

Calories	0.44		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	0.67mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.00mg

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

Fish Shapes

Servings:	1.00	Category:	Entree
Serving Size:	5.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12815
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	5 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291

Preparation Instructions

BAKE

CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.88
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 1

Amount Per Serving

Calories	275.00		
Fat	12.50g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	31.25mg		
Sodium	912.50mg		
Carbohydrates	26.25g		
Fiber	2.50g		
Sugar	1.25g		
Protein	16.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.25mg

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

Gilardi Pizza(turkey)

Servings:	96.00	Category:	Entree
Serving Size:	1.00 96	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12816
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP WGRAIN STFD 96-4.5Z	1 Each		572910

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINE PAN FOR 16-19 MINUTES OR UTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 185 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINED PAN FOR 18-20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 185 DEGREES F. OVENS VARY, ADJUST TIMES ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 96

Amount Per Serving

Calories	3.33		
Fat	0.13g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	7.71mg		
Carbohydrates	0.34g		
Fiber	0.04g		
Sugar	0.04g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.54mg	Iron	0.03mg

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

Gilardi Pizza(cheese)

Servings:	96.00	Category:	Entree
Serving Size:	1.00 96	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12817
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD CRST 96-4.5Z	1 Each		572902

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINE PAN FOR 16-19 MINUTES OR UTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 185 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINED PAN FOR 18-20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 185 DEGREES F. OVENS VARY, ADJUST TIMES ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

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: 96.00

Serving Size: 1.00 96

Amount Per Serving

Calories	3.02		
Fat	0.11g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.36mg		
Sodium	7.19mg		
Carbohydrates	0.34g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.96mg	Iron	0.03mg

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

Steamed Peas

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12818
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	2 Cup	Each gallon is 30-1/2 cup servings	283760
BUTTER SUB 24-4Z BTRBUDS	1 Cup		209810

Preparation Instructions

Steam peas for 10 minutes in holey pan
transfer to solid pan, and add seasonings
Hold at 135' or higher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	49.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.70mg		
Carbohydrates	10.18g		
Fiber	3.18g		
Sugar	3.18g		
Protein	3.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.88mg

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

Potato Wedges

Servings:	120.00	Category:	Vegetable
Serving Size:	4.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12819
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	4 Cup		174251

Preparation Instructions

Bake at 425 for 19 Min

25 servings per bag

120 per box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00 120

Amount Per Serving			
Calories	1.39		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.62mg		
Carbohydrates	0.23g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.04mg
Calcium	0.00mg	Iron	0.00mg

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

Mashed Potato

Servings:	156.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12820
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	1 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving.	325406

Preparation Instructions

RECONSTITUTE

- 1: Pour 2 gallons boiling water in mixing bowl.
- 2: HAND MIX: Add 1 carton of potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve.
MACHINE MIX: Using whip attachment, mix on low; slowly add product.
3. Add Butter buds, Salt, and Pepper
4. Scrape bowl, whip on high until fluffy (2 minutes).
- 5: Ready to serve /Add more boiling water to make potatoes thinner, more potatoes to make thicker.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 156.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	0.64		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.56mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

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

Beef n Noodle

Servings:	75.00	Category:	Entree
Serving Size:	8.00 75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12833
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STEW MEAT DCD 85 LEAN 4-5HALP	15 3/4 Pound	SAUTE Thaw under refrigeration Saute in jackknife kettel until no longer pink, add stew ingredients	443689
BASE BEEF NO MSG LO SOD 6-1 MINR	2 1/4 Gallon		580562
PASTA NOODL KLUSKI 1/8 2-5 GCHC	1 1/2 Cup		270385
SPICE SAGE GRND 8Z TRDE	3/4 Teaspoon		513911
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SALT IODIZED 25 CARG	1 1/2 Teaspoon		108286
ONION DEHY CHPD 15 P/L	3/16 Cup		263036
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1/2 Slice		320853

Preparation Instructions

Cook Beef in tilt skillet to 145 or higher 2.Add Broth (reserve 1 quart) for step 5. 3.Place sage, pepper and onion into stock pot. Bring to simmer4. Add noodles and cool until slightly tender. Noodle will continue to cook as they are held.5. Mix Flous in small amount of reserved broth and add to meat/broth mixture to thicken. Adjust amount of flour to make the desired consistency. Cinner till thick. Add additional broth, and cook down to 18 qt + 3 cups for every 75 servings. 7. Pour into steam pans and hold 135' or higher

Meal Components (SLE)

Amount Per Serving

Meat	0.11
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 8.00 75

Amount Per Serving			
Calories		19.53	
Fat		1.13g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.45mg	
Sodium		51.46mg	
Carbohydrates		0.53g	
Fiber		0.04g	
Sugar		0.03g	
Protein		0.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.55mg	Iron	0.02mg

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

Chicken Nuggets

Servings:	162.00	Category:	Entree
Serving Size:	7.00 162	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	7 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.	281831

Preparation Instructions

Wash hands

Place liner on baking tray

arrange nuggets in single layer

18 servings per bag

7 pieces per serving

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

9 bags = 162 servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 162.00

Serving Size: 7.00 162

Amount Per Serving

Calories	2.07		
Fat	0.12g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	3.80mg		
Carbohydrates	0.14g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.26mg	Iron	0.02mg
----------------	--------	-------------	--------

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

Corn Dog

Servings:	120.00	Category:	Entree
Serving Size:	6.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray with liner and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature.

120 servings per box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 6.00 120

Amount Per Serving

Calories	2.23		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.28mg		
Sodium	3.04mg		
Carbohydrates	0.28g		
Fiber	0.03g		
Sugar	0.10g		
Protein	0.08g		
Vitamin A	0.95IU	Vitamin C	0.43mg
Calcium	0.55mg	Iron	0.01mg

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

Fiesta Corn

Servings:	195.00	Category:	Vegetable
Serving Size:	1.00 195	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13018

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	30 Pound		283730
PEPPERS RED & GREEN STRIPS 6-10 P/L	6 Cup		182550
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE PEPR BLK REST GRIND 5 TRDE	2 Tablespoon		242179
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Wash hands

Steam vegetables for 15 min, and allow to sit in steamer additional 15 minutes- Temp 165'

Add seasonings, and hold at 135

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 195.00

Serving Size: 1.00 195

Amount Per Serving			
Calories	60.43		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.12mg		
Carbohydrates	13.66g		
Fiber	1.77g		
Sugar	2.57g		
Protein	1.72g		
Vitamin A	84.34IU	Vitamin C	0.41mg
Calcium	2.94mg	Iron	0.37mg

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

Seasoned Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13020

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	Open and drain	221990
HAM DCD W/A 1/4 3-4 GCHC	4 Tablespoon	Add ham and steam for 15 minutes	199834
SPICE ONION POWDER 19Z TRDE	3 Teaspoon	transfer to solid pan	126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	Add seasonings to each pan	224839
BUTTER SUB 24-4Z BTRBUDS	4 Tablespoon		209810
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open can and drain in holey pan, add ham
2. Steam 15 min or till 165
3. Transfer to solid pan, and add seasoning
4. Hold at 135 until served

Each pan is 40-1/2 cup servings

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.08
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.65
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	29.57
Fat	0.08g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	354.10mg
Carbohydrates	5.77g
Fiber	2.59g

Sugar	2.64g
Protein	1.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.93mg	Iron 0.54mg

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

Jello

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX RASPB 12-24Z GCHC	4 Package	Dissolve Gelatin in 8 quarts of hot juice	524603
JUICE APPLE 100 8-64FLZ HV	2 Quart	Add another 8 quarts of juice, place in molds, and it chill for 4 hours or (overnight)	175470

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT apple juice, stir .

ADD 2 QUARTS OF COLD apple juice AND STIR AGAIN.

POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT

100-1/2 cup servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	1.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.80mg		
Carbohydrates	0.42g		
Fiber	0.00g		
Sugar	0.41g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.01mg

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

Mac N Cheese

Servings:	60.00	Category:	Entree
Serving Size:	1.00 8oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13022
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	8 Cup		527582

Preparation Instructions

Preheat oven to 350° F.

Divide elbow macaroni and water equally between hotel pans.

Cook in steamer for 8-10 minutes or until al dente. DO NOT OVER COOK! Product must reach an internal temperature of 140 degrees for 15 seconds.

Drain water from cooked macaroni.

Cheese Sauce: Melt butter in steam kettle. Add flour making a roux. Cook for 5 minutes without browning.

Add milk and slowly stir with wire whip to make a smooth mixture. (all roux lumps should dissolve).

Add nutmeg,salt,onion powder and Worcestershire sauce. Simmer on low heat for 20 minutes. Be careful not to scorch.

Add cheese and stir until it melts. Product must reach an internal temperature of 165° F for 15 seconds.

Spray hotel pans with pan coating spray.

Divide cheese sauce and macaroni equally into each pan and mix thoroughly.

Cover each pan with foil and bake for 30 minutes. Product must reach an internal temperature of 140° F for 15 seconds.

Place in warmer maintaining an internal temperature of 140-150 ° F.

RECIPE NOTES

1 cup servings. 60 per case

Meal Components (SLE)

Amount Per Serving

Meat	1.94
Grain	1.15
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 8oz

Amount Per Serving

Calories 6.13

Fat 0.24g

SaturatedFat 0.11g

Trans Fat 0.00g

Cholesterol 0.55mg

Sodium 14.67mg

Carbohydrates 0.63g

Fiber 0.04g

Sugar 0.13g

Protein 0.37g

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

Calcium 8.93mg **Iron** 0.02mg

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

Apple Crisp

Servings:	240.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DCD W/P 6-10 GFS	8 #10 CAN	Clean can lids before opening, and wash hands	117803
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	In a mixing bowl. Blend 1/2c Cinnamon, 1.5lb Flour, & 3.5lb Beat Sugar and set aside	224723
FLOUR ULTRAGRAIN 50 HLCHC	5 1/2 Pound		515002
SUGAR BEET GRANUL 25 GCHC	3 1/2 Pound		108588
MARGARINE SLD 30-1 GCHC	3 Pound	In a seperate mixing bowl. Blend 3lb Margarine, 4lb Flour, 3lb Oats & 5 3/4lb Brown Sugar and set aside	733061
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Pound		240869
SUGAR BROWN MED 25 GCHC	5 3/4 Pound		108626

Preparation Instructions

1. Spray 8- 2inch serving pans with nonstick spray.
2. Add 1 #10 can of diced apples to each pan. If product appears dry. Add a small amount of apple juice.
3. Add 1 1/2c of the Cinnamon/Sugar mixture to each pan, and stir until well blended
4. Add 4c of the Crumb mixture to the top of the apples (do not blend)

Bake at 350 for 20-25 minutes

Serve with a #8 scoop

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.52
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00

Amount Per Serving

Calories	206.09
Fat	4.96g
SaturatedFat	1.91g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	44.21mg
Carbohydrates	40.97g
Fiber	2.16g
Sugar	26.94g
Protein	2.06g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 2.99mg	Iron 0.67mg

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

Hot Wings

Servings:	255.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15539
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	2550 Each		394053
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	2 Quart		282944

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.79
Grain	0.71
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 255.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	257.14		
Fat	12.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	771.74mg		
Carbohydrates	14.29g		
Fiber	1.43g		
Sugar	0.00g		
Protein	22.86g		
Vitamin A	301.08IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Bean & Corn Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 4 Oz scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17756
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	1/2 #10 CAN		202507
BEAN PINTO 6-10 GCHC	1 #10 CAN		261475
CORN CUT IQF 30 GCHC	2 1/4 Pound		285620
PEPPERS RED DCD 3/8 2-3 RSS	1 Quart		581992
CELERY DCD 1/4 2-5 RSS	1 Quart		198196
ONION RED DCD 1/4 2-5 RSS	2 Cup		429201
OIL OLIVE POMACE 6-1GAL KE	1 Cup		502146
SUGAR BEET GRANUL 25 GCHC	2 1/2 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Quart	1Quart plus 2 Cups	430795

Preparation Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

Marinade:

Mix oil, Sugar, & Vinegar in a pan and bring to boil until sugar has dedissolved. Remove from heat and chill to 41°F or below.

Rinse and drain drain beans

Combine beans, thawed corn, peppers, & onion; gently mix.

Add marinade to beans and corn mixture. Stir until ingredients are well coated.

Hold for service at 41°F

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.08
OtherVeg	0.09
Legumes	0.39
Starch	0.03

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 4 Oz scoop

Amount Per Serving	
Calories	180.44
Fat	4.87g
SaturatedFat	0.65g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	198.01mg
Carbohydrates	27.59g
Fiber	3.69g
Sugar	11.64g
Protein	5.72g
Vitamin A 364.62IU	Vitamin C 19.01mg
Calcium 36.51mg	Iron 1.83mg

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

Beef & Bean Burrito

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17758
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound		722330
SALSA 103Z 6-10 REDG	3 Cup	READY_TO_EAT None	452841
BEAN REFRD 6-10 P/L	1 1/2 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	50 Each		720526

Preparation Instructions

Keep Beef taco Frozen.

1. Place sealed bag in steamer or boiling water approx (45min) or until product reaches 165°F. Hold at 135 or higher until time to make burritos.
2. Preheat oven to 375. Spray two sheet pans with pan release spray.
3. Combine Taco meat, Refried beans, Salsa, and cheese.
4. Steam tortillas for 3 min or until warm to prevent tearing when folding.

Portion Beef and Bean mixture 1/2c scoop into each tortilla. Fold around the beef mixture (envelope style)

6. Place Burritos seam down onto prepared sheet pans (33-35 burritos per pan)

7. Bake at 375 for 15 min or till temp reaches 165.

Hold at 135 for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.77
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.39

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		477.89	
Fat		22.30g	
SaturatedFat		5.91g	
Trans Fat		0.29g	
Cholesterol		41.33mg	
Sodium		947.22mg	
Carbohydrates		47.06g	
Fiber		8.67g	
Sugar		3.11g	
Protein		23.53g	
Vitamin A	651.10IU	Vitamin C	5.05mg
Calcium	126.11mg	Iron	4.89mg

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

Cali Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 6 oz scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17759
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD 15 P/L	1 3/4 Tablespoon		263036
SPICE THYME GRND 12Z TRDE	1/4 Teaspoon		513822
SPICE PEPR BLK REG GRIND 16Z TRDE	1/8 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE OREGANO GRND 12Z TRDE	1/4 Teaspoon		513725
SPICE PAPRIKA 16Z TRDE	1/8 Teaspoon		518331
SPICE BASIL LEAF 5.5Z TRDE	1/8 Teaspoon		513628
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	1 Cup		514802
1 % White Milk	1/3 Cup		
VEG BLND CALIF 30 KE	8 1/8 Pound	8lb 8oz	283780
WATER	1 Quart		H2O
POTATO TATER TOTS 6-5 OREI	4 1/8 Pound	4lb 6oz	141510

Preparation Instructions

Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1qt of drained liquid for the casserole.

Preheat oven to 350'. Spray or line a 12x20x2 pan.

In bowl, combine spices, onion, soup, and milk.

Add thawed California blend and 1 qt of reserved liquid (or water to soup and spice mixture.

Pour mixture into prepared pan. Top with frozen potato rounds (tots). Cover with foil or lid.

Bake at 350' for 50-60 min, uncover for final 10 minutes to brown potatoes.

Heat to 165, and hold at 135 or higher for service

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.01
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.61
Legumes	0.00
Starch	0.26

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 6 oz scoop

Amount Per Serving			
Calories	92.01		
Fat	3.31g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	188.51mg		
Carbohydrates	12.87g		
Fiber	2.71g		
Sugar	1.79g		
Protein	1.97g		
Vitamin A	3.50IU	Vitamin C	1.90mg
Calcium	16.84mg	Iron	0.00mg

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

Chicken Alfredo with a Twist

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17760
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF CHIX 12-5 HLTHYREQ	3 #5 CAN		695513
CREAM WHIP 40 HVY FRSH 16-1QT	3 Quart		657202
SPICE PEPR WHITE GRND 17Z TRDE	2 Teaspoon		513776
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
CHEESE PARM GRTD 4-5 PG	2 1/4 Cup		445401
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound	UNSPECIFIED Not currently available	570533
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	4 3/4 Pound		229951
WATER	2 1/2 Gallon		H2O

Preparation Instructions

Combine Soup, Cream, Pepper, Garlic, Parmesan Cheese, and Chicken in a stock pot. Cook mixture for 20-25 min, stirring occasionally.

Meanwhile, heat water to rolling boil, slowly add rotini, stir consistently until water boils again. Cook Rotini 8-10 min or until tender. Drain

Spray two 20x12x1 steam pans with pan release spray, Pour Rotini into steam table pan.

Put Chicken mixture over rotini, and mix together. Cover with lid and hold at 135' till service

Meal Components (SLE)

Amount Per Serving

Meat	1.81
Grain	1.52
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1 cup

Amount Per Serving

Calories 501.88

Fat 28.65g

SaturatedFat 15.26g

Trans Fat 0.00g

Cholesterol 140.49mg

Sodium 314.58mg

Carbohydrates 36.97g

Fiber 3.04g

Sugar 2.37g

Protein 19.37g

Vitamin A 980.79IU **Vitamin C** 0.00mg

Calcium 106.51mg **Iron** 1.86mg

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

Chicken Broccoli Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 6oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17762
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound	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.	327120
PASTA SPAG 51 WGRAIN 2-10	4 1/2 Pound		221460
WATER	5 Gallon		H2O
SAUCE GEN TSO 4-.5GAL ASIAN	3 Cup		802850
BROCCOLI CUTS IQF 30 GCHC	10 Pound	BAKE	285590

Preparation Instructions

Preheat oven at 350'. Line pan, and cook chicken 8 min or (until golden brown) and temp is 165. Place in warmer at 135' or higher until serve time.

Bring water to a rolling boil and slowly add spaghetti. At the second boil, cool uncovered for 8 minutes or until al dente. Drain and rinse briefly with cold water.

Place frozen broccoli in steam table pan, and steam uncovered for 5-8 minutes. Drain excess liquid.

Combine Broccoli with General Tso saice. Place broccoli mixture in steam table pan for service. Hold Broccoli at 135'

(at the time of service, portion 1/2c spaghetti in bowl, top with 1/2c Broccoli, and 2 oz popcorn chicken

Meal Components (SLE)

Amount Per Serving

Meat	0.53
Grain	1.71
Fruit	0.00
GreenVeg	0.55
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
 Serving Size: 1.00 6oz

Amount Per Serving

Calories	255.51		
Fat	4.50g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	275.94mg		
Carbohydrates	44.91g		
Fiber	5.94g		
Sugar	9.18g		
Protein	11.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.28mg	Iron	2.68mg

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

Cowboy Corn Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 6oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17763
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	2 Cup	2qt 1/4c	285620
BEANS BLACK LO SOD 6-10 BUSH	3 Quart	3qt 1/2c	231981
ONION RED DCD 1/4 2-5 RSS	2 3/4 Cup		429201
TOMATO CHERRY 11 MRKN	2 3/4 Cup		569551
PEPPERS GREEN DCD SWT 12-2 GCHC	1 1/3 Cup		508632
CILANTRO CLEANED 4-1 RSS	2/3 Cup		219550
DRESSING ITALIAN LO CAL 6-32Z KENS	1 1/3 Cup		783150
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon	2 tbs 2 tsp	331473
SPICE CUMIN GRND 15Z TRDE	2 Teaspoon	2 tbs 2 tsp	273945

Preparation Instructions

Thaw corn in refrigerator overnight and drain liquid.
Wash and chop Onions , Tomatoes, and Peppers.
Drain and rinse beans thoroughly
Mix together thawed corn, beans, and chopped fresh ingredients
add dressing and seasonings to veg and gently toss.
Serve chilled at 41' or below

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.05

Legumes	0.24
Starch	0.01

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 6oz

Amount Per Serving

Calories	63.97
Fat	0.35g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	164.90mg
Carbohydrates	11.71g
Fiber	2.53g
Sugar	1.54g
Protein	3.49g

Vitamin A	82.47IU	Vitamin C	1.36mg
Calcium	41.57mg	Iron	0.85mg

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

Fresh Cucumber and Tomato Dip

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 4oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17765
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	3 Quart	3qt and 1/2c (6-7 cucumbers)	418439
TOMATO CHERRY 11 MRKN	8 Pound		569551
DRESSING RNCH LT 6-32Z KENS	1 Quart	1qt 2 1/4c	783170

Preparation Instructions

Wash Vegetables

Cut cucumber into slices

serve 1/4c cucumber slices, and 1/4c tomatos with 2Tbs ranch dressing on the side

Hold at 41' or below to service

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 4oz

Amount Per Serving			
Calories	59.62		
Fat	4.66g		
SaturatedFat	0.68g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	163.79mg		
Carbohydrates	3.92g		
Fiber	0.95g		
Sugar	2.88g		
Protein	1.35g		
Vitamin A	612.86IU	Vitamin C	10.21mg
Calcium	9.20mg	Iron	0.23mg

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

Garlic Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 4oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17766
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	10 Pound	10lb 8oz	610902
MARGARINE LIQUID 2-17.5 GCHC	1 Cup		266965
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

Preparation Instructions

Place Frozen Broccoli in two 12x20x2 pans.. Do not add liquid!

Steam (uncovered) 5-8 minutes or until tender (DO NOT OVERCOOK). Drain excess liquid.

Add garlic and margerine and hold at 135' or above to service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 4oz

Amount Per Serving

Calories	45.33		
Fat	3.52g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	59.20mg		
Carbohydrates	2.67g		
Fiber	1.60g		
Sugar	0.53g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.67mg	Iron	0.53mg

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

General Tso Chicken Crunch

Servings:	50.00	Category:	Entree
Serving Size:	1.00 6oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17767
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound	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.	327120
SAUCE GEN TSO 4-.5GAL ASIAN	1 Quart	1qt 1/8c	802850
BROCCOLI CRWN ICELESS 20 MRKN	4 1/8 Pound	4 1/8lb	704547
CARROT SMOOTH COIN CUT 2-5 RSS	2 Pound		313173
CELERY DCD 1/4 2-5 RSS	1 Quart	1qt 1/8c	198196
ONION RED DCD 1/4 2-5 RSS	1 Quart	1qt 1/8c	429201
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 1/8 Pound		329401
BROTH CHIX 12-5 COLLEGE INN	1 Quart	1qt 1/8c	264865
SPICE GINGER GRND 16Z TRDE	1/4 Cup		513695

Preparation Instructions

Wash and Chop fresh Broccoli, Carrots, and onion. Set aside.

Preheat oven to 375. Line baking sheet and bake popcorn chicken 10-12 minutes or until 165'

Place chopped Veg in a 20x12x2 pan and steam (uncovered)for 8-10 minutes. Do Not Add liquid.

Drain.

In another 20x12x2 pan combine chicken stock, spinach, General tso sauce, and steam (uncovered) 5 monutes.

Combine Vegetables with sauce. Mix Lightly and hold at 135' to service

Serve 3/4 cup veg mixture, 3 oz popcorn chicken

NOTE: serve over1/2c prepared brown rice

Meal Components (SLE)

Amount Per Serving

Meat	0.53
Grain	0.27
Fruit	0.00
GreenVeg	0.87
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 6oz

Amount Per Serving

Calories	136.30
Fat	3.95g
SaturatedFat	0.76g
Trans Fat	0.00g
Cholesterol	5.82mg
Sodium	446.81mg
Carbohydrates	19.39g
Fiber	3.45g
Sugar	10.92g
Protein	6.18g
Vitamin A 3228.58IU	Vitamin C 21.53mg
Calcium 68.89mg	Iron 2.07mg

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

General Tso Chicken Crunch

Servings:	50.00	Category:	Entree
Serving Size:	1.00 6oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17768
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound	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.	327120
SAUCE GEN TSO 4-.5GAL ASIAN	1 Quart	1qt 1/8c	802850
BROCCOLI CRWN ICELESS 20 MRKN	4 1/8 Pound	4 1/8lb	704547
CARROT SMOOTH COIN CUT 2-5 RSS	2 Pound		313173
CELERY DCD 1/4 2-5 RSS	1 Quart	1qt 1/8c	198196
ONION RED DCD 1/4 2-5 RSS	1 Quart	1qt 1/8c	429201
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 1/8 Pound		329401
BROTH CHIX 12-5 COLLEGE INN	1 Quart	1qt 1/8c	264865
SPICE GINGER GRND 16Z TRDE	1/4 Cup		513695

Preparation Instructions

Wash and Chop fresh Broccoli, Carrots, and onion. Set aside.

Preheat oven to 375. Line baking sheet and bake popcorn chicken 10-12 minutes or until 165'

Place chopped Veg in a 20x12x2 pan and steam (uncovered)for 8-10 minutes. Do Not Add liquid.

Drain.

In another 20x12x2 pan combine chicken stock, spinach, General tso sauce, and steam (uncovered) 5 monutes.

Combine Vegetables with sauce. Mix Lightly and hold at 135' to service

Serve 3/4 cup veg mixture, 3 oz popcorn chicken

NOTE: serve over1/2c prepared brown rice

Meal Components (SLE)

Amount Per Serving

Meat	0.53
Grain	0.27
Fruit	0.00
GreenVeg	0.87
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 6oz

Amount Per Serving

Calories	136.30
Fat	3.95g
SaturatedFat	0.76g
Trans Fat	0.00g
Cholesterol	5.82mg
Sodium	446.81mg
Carbohydrates	19.39g
Fiber	3.45g
Sugar	10.92g
Protein	6.18g
Vitamin A 3228.58IU	Vitamin C 21.53mg
Calcium 68.89mg	Iron 2.07mg

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

Lemon Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 4oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17769
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	10 Pound	10 lb 8oz	610902
MARGARINE LIQUID 2-17.5 GCHC	1 Cup		266965
LEMON JUICE 100 12-32FLZ GCHC	1 Cup		311227

Preparation Instructions

Place Frozen Broccoli in 12x20x2 pan, DO NOT add liquid. Steam(uncovered) 5-8 minutes DO NOT OVERCOOK.

Drain excess liquid

Add Lemon Juice and Margerine, stir and hold at 135 to service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 4oz

Amount Per Serving

Calories	45.33		
Fat	3.52g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	59.20mg		
Carbohydrates	2.67g		
Fiber	1.60g		
Sugar	0.53g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.67mg	Iron	0.53mg

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

Mini Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17770
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each	READY_TO_EAT	276142
MEATBALL CKD .65Z 6-5 COMM	100 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	3 Quart	3qt 1/2c	592714
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 375'

Place frozen meatballs and marinara sauce in 20x12x4 steam table pan. Cover and heat for 30 Minutes.

Hold at 135' or above for service

At service assenble subs; Place 2 meatballs with sauce on open bun, and top with (1/2oz or 1/8c) Mozz Cheese)

Meal Components (SLE)

Amount Per Serving

Meat	1.48
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	9401.59
Fat	152.39g
SaturatedFat	32.43g
Trans Fat	0.30g
Cholesterol	25.20mg
Sodium	14131.39mg
Carbohydrates	1627.70g
Fiber	116.55g
Sugar	175.58g
Protein	415.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 3028.47mg	Iron 116.51mg

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

Quirky Quesadillas

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17771
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	2 #10 CAN		293962
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound		722330
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	50 Each		720526
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound	3lb 2oz	150250

Preparation Instructions

Preheat oven to 350'

Place sealed bag of beef taco meat in steamer or boiling water for 45 minutes or until product reaches 165'

Hold taco meat at 135 or higher

Place tortilla on a full sheet pan. Top each tortilla with 1/4c refried beans, 1oz taco meat, and 1oz cheese. Fold each tortilla in half.

Bake quesadilla until cheese is melted

Cut into three wedges and serve warm

Hold at 135' to service

Meal Components (SLE)

Amount Per Serving

Meat	4.05
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	538.44
Fat	27.33g
SaturatedFat	9.78g
Trans Fat	0.15g
Cholesterol	46.95mg
Sodium	1051.14mg
Carbohydrates	50.30g
Fiber	9.22g
Sugar	2.04g
Protein	24.57g

Vitamin A	325.55IU	Vitamin C	2.52mg
Calcium	271.48mg	Iron	4.08mg

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

Rotini with Meat Sauce

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17772
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Cup		728590
BREAD GARL TST SLC WGRAIN 12-12CT	1 Cup	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

Heat Rotini submerged in boiling water for 45 minutes, or until temp reaches 165. Hold at 135

Bake Toast to package instructions, cover and hold at 135.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1cup

Amount Per Serving			
Calories	2.44		
Fat	0.11g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	4.63mg		
Carbohydrates	0.26g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.09g		
Vitamin A	1.65IU	Vitamin C	0.06mg
Calcium	0.23mg	Iron	0.03mg

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

Cheese Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17951
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS WGRAIN 48-5.25Z	1 Cup		555960

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17952
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Serving		680130
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	READY_TO_EAT Thaw when ready to use keeping used portion in refrigeration upto 14 days	510562

Preparation Instructions

- In large clamshell assemble
- 2 slices of Turkey on sub bun
- 1pkg cheese cubes
- 1 applesauce
- 1 Mango Wango Juice

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	405.00
Fat	11.75g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	635.00mg
Carbohydrates	56.00g
Fiber	3.00g

Sugar	27.00g
Protein	22.50g
Vitamin A 500.00IU	Vitamin C 30.00mg
Calcium 249.00mg	Iron 2.18mg

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

Chocolate Chip Hummus

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 2oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17955
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	4 Pound		118753
SYRUP PANCK MAPL 4-1GAL MBTRWR	2 1/4 Cup		473502
FLAVORING VANILLA IMIT 1-1GAL KE	1/4 Cup		110744
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/4 Cup		240869
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
CHOC CHIPS SMISWT 1000/ 25 HERSH	1 Cup		242115

Preparation Instructions

Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.

Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.20
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 2oz

Amount Per Serving

Calories	160.85		
Fat	1.31g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.35mg		
Carbohydrates	34.48g		
Fiber	2.55g		
Sugar	18.25g		
Protein	3.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	24.20mg	Iron	0.51mg
----------------	---------	-------------	--------

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

Tacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20919

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SAUCE CHS QUESO JALAP POU 6-106Z LOL	2 Fluid Ounce		135271

Preparation Instructions

3 ounces of Tots (weigh)

2 ounces of meat sauce

3 ounces of cheese

.5 veg

3 M/MA

Serve with Tomato, Sour cream, Black Olives, Jalapeno, Salsa

Meal Components (SLE)

Amount Per Serving

Meat	2.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.60

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	271.85
Fat	12.61g
SaturatedFat	3.39g
Trans Fat	0.27g
Cholesterol	35.62mg
Sodium	692.79mg
Carbohydrates	24.20g
Fiber	4.27g
Sugar	1.89g

Protein	15.08g
Vitamin A 610.41IU	Vitamin C 9.02mg
Calcium 62.72mg	Iron 1.89mg

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

Bacon Egg & Cheese Croissant

Servings:	150.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21093
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	150 Each	BAKE CONVECTION OVEN: 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. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG OMELET CHS COLBY 144- 2.1Z	150 Each	Lline baking pan, single layer, Cook at 350' to 145', Hold at 135	240080
BACON CKD RND 192CT HRML	150 Each	Heat to 145' Essemble sandwich	433608

Preparation Instructions

Cook all items to manufacturers instructions. Assemble sandwiches. Hold at 135' until service

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: 150.00

Serving Size: 1.00

Amount Per Serving	
Calories	370.00
Fat	22.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	185.00mg
Sodium	760.01mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	16.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	2.50mg

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

Vanilla Glazed Donut

Servings:	168.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21098
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	168 Each	Thaw and serve- Warm in 300' Oven for 3 minutes for easier glazing	556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722
SPRINKLES RAINBOW 4-4 GCHC	1/2 Teaspoon	Lightly sprinkle	283660

Preparation Instructions

Thaw Donut, and warm in 300' oven for 3 minutes.

Heat icing to 110'

Glaze donut, and lightly sprinkle, It cool

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00

Amount Per Serving

Calories	280.51		
Fat	16.01g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	30.11g		
Fiber	2.00g		
Sugar	6.10g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	10.00mg	Iron	1.50mg
----------------	---------	-------------	--------

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

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21104
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each	Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.	607351
SUGAR POWDERED 10X 12-2 PION	1/4 Teaspoon		859740

Preparation Instructions

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	330.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	50.50g		
Fiber	3.00g		
Sugar	19.25g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Strawberry Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21141
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSAMIC IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
WATER	1/2 Cup		H2O
OIL VEG 9-48FLZ P/L	1/4 Cup		330282
PRESERVE STRAWBERRY 6-4 SMUCK	1/4 Cup		224081
SPINACH LEAF FLAT CLND 4-2.5 RSS	8 Pound		329401
ORANGES MAND WHL L/S 6-10 GCHC	3 1/4 Quart	Plus 2 cups	117897
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3 1/4 Quart		621420

Preparation Instructions

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.

2. Drain mandarin oranges.
3. Thaw and drain strawberries.
4. Lightly toss spinach, oranges, and strawberries.
5. Just before service, toss salad mix with dressing.

CCP: Hold salad for cold service at 41°F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	1.21

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00

Amount Per Serving

Calories	78.17
Fat	0.07g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.81mg
Carbohydrates	17.56g
Fiber	3.20g
Sugar	12.72g
Protein	3.20g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.25mg	Iron	3.41mg

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

Strawberry Kellogg Pop Tart

Servings:	120.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26029
School:	FRHC Hope/Hauser		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving

Calories	2.95		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.09mg		
Carbohydrates	0.63g		
Fiber	0.05g		
Sugar	0.25g		
Protein	0.04g		
Vitamin A	1.83IU	Vitamin C	0.00mg
Calcium	2.17mg	Iron	0.03mg

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

Fudge PopTart

Servings:	120.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26030
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Cup		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving

Calories	3.08		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.25mg		
Carbohydrates	0.63g		
Fiber	0.05g		
Sugar	0.25g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.67mg	Iron	0.03mg

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

Banana Breakfast Bread

Servings:	70.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26031
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00

Amount Per Serving

Calories	3.71		
Fat	0.11g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.43mg		
Carbohydrates	0.64g		
Fiber	0.03g		
Sugar	0.34g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.30mg	Iron	0.01mg

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

Wild Berry Breakfast Bread

Servings:	70.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26032
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00

Amount Per Serving

Calories	3.86		
Fat	0.11g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.57mg		
Carbohydrates	0.66g		
Fiber	0.03g		
Sugar	0.34g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.66mg	Iron	0.01mg

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

Ultimate Breakfast Round

Servings:	126.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26033
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each		129001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 126.00

Serving Size: 1.00

Amount Per Serving

Calories	2.14		
Fat	0.06g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.43mg		
Carbohydrates	0.35g		
Fiber	0.05g		
Sugar	0.14g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.24mg	Iron	0.01mg

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

Choc Mini Donut

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26034
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	4.44		
Fat	0.22g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.31mg		
Carbohydrates	0.58g		
Fiber	0.04g		
Sugar	0.26g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.43mg	Iron	0.03mg

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

Powered Mini Donut

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26035
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	3.75		
Fat	0.15g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.03mg		
Carbohydrates	0.57g		
Fiber	0.03g		
Sugar	0.26g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.01mg

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

Yeast Donut

Servings:	80.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26036
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each		668181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00

Amount Per Serving

Calories	2.88		
Fat	0.14g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.25mg		
Carbohydrates	0.36g		
Fiber	0.03g		
Sugar	0.08g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.25mg	Iron	0.02mg

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

Oatmeal Choc Chip Bar

Servings:	48.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26037
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Cup		240721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

Amount Per Serving

Calories	5.83		
Fat	0.17g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	4.79mg		
Carbohydrates	0.98g		
Fiber	0.06g		
Sugar	0.42g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.63mg	Iron	0.04mg

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

Cinnamon PopTart

Servings:	120.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26039
School:	FRHC Hope/Hauser		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving

Calories	3.09		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.31mg		
Carbohydrates	0.63g		
Fiber	0.05g		
Sugar	0.26g		
Protein	0.04g		
Vitamin A	8.33IU	Vitamin C	0.00mg
Calcium	1.67mg	Iron	0.03mg

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

Banana Chunk Bar

Servings:	48.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26040
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Cup		875860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

Amount Per Serving

Calories	5.83		
Fat	0.17g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	4.58mg		
Carbohydrates	1.00g		
Fiber	0.06g		
Sugar	0.48g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.42mg	Iron	0.04mg

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

French Toast Bar

Servings:	48.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26041
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Cup		563413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

Amount Per Serving

Calories	6.04		
Fat	0.19g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.52mg		
Sodium	4.17mg		
Carbohydrates	0.98g		
Fiber	0.06g		
Sugar	0.44g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.21mg

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

Lucky Charm Breakfast Kit

Servings:	60.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26042
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.83		
Fat	0.09g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.67mg		
Carbohydrates	0.97g		
Fiber	0.07g		
Sugar	0.48g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.87mg	Iron	0.09mg

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

Multi- Grain Cheerio

Servings:	60.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26043
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.67		
Fat	0.09g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.92mg		
Carbohydrates	0.97g		
Fiber	0.08g		
Sugar	0.40g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.52mg	Iron	0.14mg

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

Coco Puff Kit

Servings:	60.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26044
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

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

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

fruit Punch

Servings:	40.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26045
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Cup		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	1.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.13mg		
Carbohydrates	0.38g		
Fiber	0.00g		
Sugar	0.35g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.25mg	Iron	0.00mg

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

Strawberry Kiwi

Servings:	40.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26047
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE STRAWB KIWI 100 40-4.23FLZ	1 Each		214534

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	1.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.25mg		
Carbohydrates	0.35g		
Fiber	0.00g		
Sugar	0.30g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Orange Tangerine Juice

Servings:	40.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26048
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	1.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.25mg		
Carbohydrates	0.38g		
Fiber	0.00g		
Sugar	0.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Very Berry

Servings:	40.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26049
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	1.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.25mg		
Carbohydrates	0.43g		
Fiber	0.00g		
Sugar	0.38g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.00mg

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

Mixed Fruit

Servings:	72.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26050
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED CUP JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131980

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.11		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.25g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Diced Peaches

Servings:	36.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26051
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.39g		
Fiber	0.03g		
Sugar	0.33g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mandarin Oranges

Servings:	36.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26052
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 36-4Z DOLE	1 Ounce	READY_TO_EAT Ready to Eat	878920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00

Amount Per Serving

Calories	0.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.03mg		
Carbohydrates	0.15g		
Fiber	0.01g		
Sugar	0.13g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	0.00mg

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

Cinnamon Applesauce

Servings:	96.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26054
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Cup		699180

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Amount Per Serving

Calories	0.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.16g		
Fiber	0.02g		
Sugar	0.13g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sloppy Joe on Bun

Servings:	120.00	Category:	Entree
Serving Size:	1.00 4 oz Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26071
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce		564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Place bags in perforated pan in steamer. Steam 30 min (steamers may vary) until the internal temperature reaches 165 degrees F or higher.

Hold at 135 degrees F or higher until service

Open 1 Bun. Place #12 scoop of Sloppy Joe Meat on one side and place top of bun on top.

Serving Size: 1 sandwich

120 servings per case

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 4 oz Each

Amount Per Serving

Calories	2.50		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.33mg		
Carbohydrates	0.30g		
Fiber	0.04g		
Sugar	0.11g		
Protein	0.17g		
Vitamin A	4.21IU	Vitamin C	0.06mg
Calcium	0.56mg	Iron	0.03mg

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

Chili with Beans

Servings:	80.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26072
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BUN BKFST WGRAIN 60-3Z BKCRFT	1 Each	READY_TO_EAT No baking necessary.	157232

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00

Amount Per Serving

Calories	5.33		
Fat	0.19g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.71mg		
Carbohydrates	0.69g		
Fiber	0.09g		
Sugar	0.23g		
Protein	0.24g		
Vitamin A	16.11IU	Vitamin C	0.24mg
Calcium	1.16mg	Iron	0.06mg

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

Popcorn Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26097
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	7 Cup		394053
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	4 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving.	325406
CORN CUT SWT 6-4 GCHC	4 Cup		610782
CHEESE AMER SHRD R/F 4-5 LOL	2 Cup		861950
GRAVY BF RSTD 12-50Z HRTHSTN	1 Cup		232424

Preparation Instructions

Prepare all items as on packaging lable. Use Bowl- 877821 Layer .5 c potatoes, .5 c corn, 2oz cheese, 7 pieces of chicken, 1 ounce gravy, and lid. Hold at 135 until serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.86

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	1225.00
Fat	23.96g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	2590.00mg
Carbohydrates	227.71g
Fiber	22.71g
Sugar	25.00g
Protein	50.93g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	281.30mg	Iron	4.57mg

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

Fajita Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26151
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
BEAN BLACK FIESTA TACO 6-10 BUSH	1/2 Cup		581180
CORN CUT SWT 6-4 GCHC	1/2 Cup		610782
RICE BRN CKD 2-4 GCHC	1 Cup		452446

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	1.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	320.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	790.00mg
Carbohydrates	40.00g

Fiber	7.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.40mg

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

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26152
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	425.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.44mg

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

Taco Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26153
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW 50-4.6Z HOTGRILL	1 Each		188752

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	345.00		
Fat	12.80g		
SaturatedFat	8.40g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	630.70mg		
Carbohydrates	32.00g		
Fiber	3.80g		
Sugar	1.00g		
Protein	20.10g		
Vitamin A	251.90IU	Vitamin C	6.37mg
Calcium	328.78mg	Iron	2.77mg

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

Corn dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26154
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26156
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO CHIX SFT W/RD SCE IW 45-5.12Z	1 Each		134802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	250.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	660.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	16.00g		
Vitamin A	500.00IU	Vitamin C	2.40mg
Calcium	150.00mg	Iron	1.80mg

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

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26157
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	1 Each		786360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	280.30		
Fat	9.90g		
SaturatedFat	5.60g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	580.80mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	18.50g		
Vitamin A	523.96IU	Vitamin C	0.00mg
Calcium	465.89mg	Iron	1.64mg

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

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26158
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 Ounce		728590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.08
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	337.63
Fat	17.20g
SaturatedFat	6.67g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	651.61mg
Carbohydrates	25.81g
Fiber	4.30g
Sugar	8.60g
Protein	19.35g
Vitamin A 659.14IU	Vitamin C 24.73mg
Calcium 59.14mg	Iron 3.23mg

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

Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26159
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	1 Cup		491074
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<p>BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.</p> <p>GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.</p> <p>GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.</p>	277862

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00

Amount Per Serving			
Calories	258.33		
Fat	12.50g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	86.50mg		
Sodium	670.00mg		
Carbohydrates	17.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	20.83g		
Vitamin A	78.83IU	Vitamin C	0.17mg
Calcium	80.00mg	Iron	1.17mg

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

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26160
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP RND 5 IW 60-5.49Z MAX	1 Each		797861

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	300.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	3.00mg

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

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26161
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN IW 72-4.46Z TONY	1 Each		605862

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	410.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	15.00g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	1.80mg

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

Pizza Dippers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26162
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 144-2.21Z	2 Each		654071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	320.00
Fat	12.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	600.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	0.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 300.00mg	Iron 2.60mg

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

Mozz Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26163
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	310.00		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	560.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	19.00g		
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	516.00mg	Iron	1.77mg

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

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26164
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1 Package		241541

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	34.60
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.50mg
Carbohydrates	8.00g
Fiber	2.70g
Sugar	4.00g
Protein	0.70g
Vitamin A 11627.72IU	Vitamin C 69.77mg
Calcium 26.58mg	Iron 0.24mg

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

Black Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26165
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	1/2 Cup		581180

Preparation Instructions

Heat to 165, hold at 135

1/2 c servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	460.00mg		
Carbohydrates	22.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	2.00mg

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

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26166
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1/2 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

RECONSTITUTE

1: Pour 1

2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	161.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	161.84mg		
Carbohydrates	28.32g		
Fiber	10.12g		
Sugar	0.00g		
Protein	10.12g		
Vitamin A	0.00IU	Vitamin C	0.89mg
Calcium	51.12mg	Iron	2.33mg

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

Juice Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26167
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each		214513

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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

Mixed Veg

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26168
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL 30 GCHC	1/2 Cup		285670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	26.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	83.33IU	Vitamin C	3.33mg
Calcium	0.00mg	Iron	0.27mg

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

Cherry Sidekick

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26169
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE CHERRY SMTH 84-4.4FLZ	1 Each	READY_TO_EAT Thaw for 15 minutes before serving Smooth-frozen for effortless spoonability	824040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.00mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	21.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Marinara Sauce

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26170
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26171
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Raisin

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26172
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1/2 Cup	READY_TO_EAT	544426

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	252.00		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.60mg		
Carbohydrates	62.00g		
Fiber	4.60g		
Sugar	58.00g		
Protein	2.40g		
Vitamin A	7.40IU	Vitamin C	0.20mg
Calcium	31.80mg	Iron	2.34mg

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

Strawberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26173
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	4 Ounce		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	36.27		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.16mg		
Carbohydrates	8.89g		
Fiber	2.31g		
Sugar	5.33g		
Protein	0.80g		
Vitamin A	13.61IU	Vitamin C	66.68mg
Calcium	18.14mg	Iron	0.46mg

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

Peachs

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26174
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.36mg

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

Golden Delicious Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26175
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS GOLDEN 100CT MRKN	1 Piece		200794

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Fuji Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26176
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI 100CT MRKN	1 Piece		735612

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Berries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26177
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.00g		
Fiber	1.50g		
Sugar	7.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Cinnamon Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26178
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Diced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26180
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 P/L	1/2 Cup	BAKE	268870

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.36mg

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

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26182
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26183
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES FRSH SEEDLESS 64-2.25Z P/L	2 1/4 Ounce		158901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	37.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.20mg		
Carbohydrates	10.00g		
Fiber	0.40g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.28mg	Iron	0.00mg

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

Garden Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26188
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	6 Pound		451730
TOMATO CHERRY 11 MRKN	1 Quart		569551
CUCUMBER SELECT 24CT MRKN	1 Quart		418439
CARROT SHRD MED 2-5 RSS	1 Quart		313408
SPINACH BABY CLND 2-2 RSS	1 Quart		560545
CELERY DCD 1/4 2-5 RSS	1 Quart		198196

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.53
RedVeg	0.08
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	15.18		
Fat	0.06g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.14mg		
Carbohydrates	3.12g		
Fiber	1.43g		
Sugar	1.64g		
Protein	1.28g		
Vitamin A	263.97IU	Vitamin C	2.43mg
Calcium	24.27mg	Iron	0.15mg

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

Fajita Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26207
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
BEAN BLACK FIESTA TACO 6-10 BUSH	1/2 Cup		581180
CORN CUT SWT 6-4 GCHC	1/2 Cup		610782
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		386.50	
Fat		9.80g	
SaturatedFat		2.20g	
Trans Fat		0.02g	
Cholesterol		80.00mg	
Sodium		940.20mg	
Carbohydrates		51.00g	
Fiber		8.90g	
Sugar		6.00g	
Protein		28.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.55mg	Iron	2.94mg

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

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1/2c	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27611
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
KETCHUP CAN 29 XTHK 6-10 GCHC	2 Cup		152056

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1/2c

Amount Per Serving

Calories	183.58
Fat	1.04g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	248.21mg
Carbohydrates	34.57g
Fiber	5.26g
Sugar	10.50g
Protein	5.25g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 1.13mg **Iron** 0.02mg

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

Turkey Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27614
School:	FRHC Hope/Hauser		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
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	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	277.76
Fat	7.03g
SaturatedFat	3.02g
Trans Fat	0.00g
Cholesterol	53.88mg
Sodium	870.52mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.00mg

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

White Chicken Chili

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound		100101
ONION DEHY CHPD 15 P/L	4 Cup		263036
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon		224839
Great Northern Beans	6 #10 CAN		100373
CHILIES GREEN DCD 12-26Z ORTG	8 Cup		131460
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
SPICE PEPR RED CAYENNE GRND 16Z TRDE	3 Tablespoon		225088
SALT IODIZED 18-2.25 GCHC	2 Tablespoon		350732
BASE CHIX 25 KE	4 Cup		160821
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Combine chicken base with water to make broth. Put broth and spices into large soup kettle. Heat. Add chilies, chicken and beans. Heat to 160 degrees. Dip into soup pans, Keep hot to serve. Serve with 1 cup or 8 oz spoodle/ladle.

Note: Serve with choice of toppings mozzarella cheese, crushed tortilla chips, and sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.25

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	240.67
Fat	3.21g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	44.80mg
Sodium	292.95mg
Carbohydrates	31.16g
Fiber	6.37g
Sugar	2.60g
Protein	23.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.54mg	Iron 0.65mg

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

Chili

Servings:	350.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ 3-10 GCHC	60 Pound		510599
Diced Tomatoes cnd	6 #10 CAN	BAKE	100329
Tomato Sauce cnd	18 #10 CAN	BAKE	100334
BEAN KIDNEY RED DARK 6-10 GCHC	4 #10 CAN		118761
SPICE ONION POWDER 19Z TRDE	2 Cup		126993
SALT IODIZED 25 CARG	1 Cup		108286
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup		331473
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061
SPICE CUMIN GRND 15Z TRDE	2 Cup		273945
SPICE GARLIC GRANULATED 7.25 TRDE	1 Cup		514047
SUGAR BROWN LT 12-2 P/L	6 Cup		860311

Preparation Instructions

Combine all ingredients in large kettle. Bring to a boil and reduce heat. Simmer for 1 hour.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving	
Calories	289.48
Fat	15.09g
SaturatedFat	5.49g
Trans Fat	1.03g
Cholesterol	54.86mg
Sodium	673.99mg
Carbohydrates	22.72g

Fiber	5.76g		
Sugar	10.53g		
Protein	4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.08mg	Iron	1.28mg

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