

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Shredded Pork BBQ Sandwich HS/MS

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <b>Servings:</b>     | 1.000 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch | <b>Recipe ID:</b>     | R-25904          |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PORK PULLED BBQ LO SOD 4-5 BROOKWD   | 4 Ounce     |                   | 498702     |
| 3474 WGR HAMBURGER BUN (76) 60g 12ct | 1 Each      | READY_TO_EAT      |            |

## Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 449.00   |
| <b>Fat</b>           | 19.00g   |
| <b>SaturatedFat</b>  | 6.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 71.00mg  |
| <b>Sodium</b>        | 443.00mg |
| <b>Carbohydrates</b> | 44.00g   |
| <b>Fiber</b>         | 2.00g    |
| <b>Sugar</b>         | 20.00g   |
| <b>Protein</b>       | 24.00g   |

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

**Calcium** 71.00mg **Iron** 2.00mg

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

# Cheeseburger on Bun

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <b>Servings:</b>     | 1.000 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch | <b>Recipe ID:</b>     | R-25955          |

## Ingredients

| Description   | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BEEF STK BRGR CHARB<br>160-3Z ADV                         | 1 Each      | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 203260     |
| 3474 WGR HAMBURGER<br>BUN (76) 60g 12ct                   | 1 1 bun     | READY_TO_EAT   |            |
| CHEESE AMER 160CT<br>SLCD R/F R/SOD 4-5 -<br>Bongards - W | 1 Slice     |  | 247822     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 390.00   |                  |        |
| <b>Fat</b>           | 19.00g   |                  |        |
| <b>SaturatedFat</b>  | 7.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 67.50mg  |                  |        |
| <b>Sodium</b>        | 480.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 4.50g    |                  |        |
| <b>Protein</b>       | 27.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 174.50mg | <b>Iron</b>      | 3.80mg |

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# BLT Wrap

|                      |                                      |                       |                  |
|----------------------|--------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.000                                | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00                                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-28418          |
| <b>School:</b>       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions  | DistPart # |
|-------------------------------------|--------------|--|------------|
| MAYONNAISE LT 4-1GAL GFS            | 1 Tablespoon | Spread mayo onto each shell.                               | 429406     |
| BACON TKY CKD 12-50CT JENNO         | 10 Slice     | Lay 10 slices of bacon onto each shell.                    | 834770     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS     | 1/2 Cup      | Add shredded lettuce.                                      | 451730     |
| TOMATO 6X6 LRG 10 MRKN              | 4 Slice      | Layer with 3-4 sl of tomato. Roll tightly and cut in half. | 199001     |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each       | Serve with cheese stick.                                   | 786801     |
| TORTILLA HNY WHEAT 12 6-12 GRSZ     | 1 Each       |  | 116701     |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.25 |
| <b>RedVeg</b>   | 0.40 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 630.24    |
| <b>Fat</b>                | 26.61g    |
| <b>SaturatedFat</b>       | 9.65g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 82.51mg   |
| <b>Sodium</b>             | 1914.52mg |
| <b>Carbohydrates</b>      | 64.60g    |
| <b>Fiber</b>              | 6.26g     |
| <b>Sugar</b>              | 13.50g    |

|                            |                          |
|----------------------------|--------------------------|
| <b>Protein</b>             | 33.64g                   |
| <b>Vitamin A</b> 1199.52IU | <b>Vitamin C</b> 19.73mg |
| <b>Calcium</b> 307.41mg    | <b>Iron</b> 4.05mg       |

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# MS HS Crispy Chicken Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.000     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-22510          |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHIX BRST BRD CKD<br>WGRAIN 3.75Z 4-7.5 | 1 Cup       | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes. | 525480     |
| 3474 WGR HAMBURGER<br>BUN (76) 60g 12ct | 1 Cup       | READY_TO_EAT  |            |

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 350.00   |
| <b>Fat</b>           | 11.00g   |
| <b>SaturatedFat</b>  | 1.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 45.00mg  |
| <b>Sodium</b>        | 500.00mg |
| <b>Carbohydrates</b> | 36.00g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 5.00g   |                  |        |
| <b>Sugar</b>     | 4.00g   |                  |        |
| <b>Protein</b>   | 25.00g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 71.00mg | <b>Iron</b>      | 3.00mg |

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# Nachos Supreme MS/HS

|                      |                                      |                       |                  |
|----------------------|--------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.000                                | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00                                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-27755          |
| <b>School:</b>       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| TACO FILLING BEEF REDC<br>FAT 6-5 COMM | 3 Ounce     | Place sealed bags into steamer until temperature reaches 165°, about 30 minutes<br>CCP: hold for hot service at 140° or higher.   | 722330     |
| CHIP TORTL RND R/F 64-<br>1.45Z TOSTIT | 1 Each      | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.<br>UNSPECIFIED | 662512     |
| SAUCE CHS CHED POUCH 6-<br>106Z LOL    | 1 Ounce     | Heat bag in steamer approx 12-15 minutes  | 135261     |
| SALSA CUP 84-3Z REDG                   | 1 Each      |   | 677802     |
| SOUR CREAM PKT FF 100-<br>1Z LOL       | 1 Each      |   | 853190     |

## Preparation Instructions

Serve with sour cream and salsa cup to pick up.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.23 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 403.76   |
| <b>Fat</b>                | 14.97g   |
| <b>SaturatedFat</b>       | 4.70g    |
| <b>Trans Fat</b>          | 0.27g    |
| <b>Cholesterol</b>        | 43.12mg  |
| <b>Sodium</b>             | 849.58mg |
| <b>Carbohydrates</b>      | 45.40g   |

|                           |                         |
|---------------------------|-------------------------|
| <b>Fiber</b>              | 4.89g                   |
| <b>Sugar</b>              | 5.89g                   |
| <b>Protein</b>            | 19.45g                  |
| <b>Vitamin A</b> 610.41IU | <b>Vitamin C</b> 4.73mg |
| <b>Calcium</b> 214.47mg   | <b>Iron</b> 2.49mg      |

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# Pot Roast w/ loaded mashed potatoes

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 70.000     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 3.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-30467          |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| TURKEY POT RST CKD 4-5<br>GCHC           | 20 Pound    | 1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan.<br>2. Heat in combi on steam mode for 15-20 minutes.<br>CCP: Cook until internal temperature reaches 150F or more.<br>2. Shred meat.<br>CCP: Hold for hot service at a min of 135F. | 370030     |
| POTATO MASH REAL PREM 12-<br>26Z IDAHOAN | 2 Package   | 3. Prepare potatoes according to package directions.<br>CCP: Hold for hot service at 135F or higher.  | 166872     |
| Whole Grain Dinner Roll                  | 1 Piece     |   | 3920       |

## Preparation Instructions

1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan.
2. Heat in combi on steam mode for 15-20 minutes.  
CCP: Cook until internal temperature reaches 150F or more.
2. Shred meat.  
CCP: Hold for hot service at a min of 135F.
3. Prepare potatoes according to package directions.  
CCP: Hold for hot service at 135F or higher.
4. Scoop a 3 oz spoodle of meat over a #8 scoop (1/2c) of mashed potatoes.
5. Serve with a roll on the side.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |

## Nutrition Facts

Servings Per Recipe: 70.000

Serving Size: 3.00 Ounce

| <b>Amount Per Serving</b> |         |                  |           |
|---------------------------|---------|------------------|-----------|
| <b>Calories</b>           |         |                  | 339.43    |
| <b>Fat</b>                |         |                  | 7.79g     |
| <b>SaturatedFat</b>       |         |                  | 1.83g     |
| <b>Trans Fat</b>          |         |                  | 0.00g     |
| <b>Cholesterol</b>        |         |                  | 64.00mg   |
| <b>Sodium</b>             |         |                  | 1213.36mg |
| <b>Carbohydrates</b>      |         |                  | 43.64g    |
| <b>Fiber</b>              |         |                  | 2.30g     |
| <b>Sugar</b>              |         |                  | 3.23g     |
| <b>Protein</b>            |         |                  | 25.64g    |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 8.23mg    |
| <b>Calcium</b>            | 82.86mg | <b>Iron</b>      | 2.48mg    |

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# Refried Beans with Cheese

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 32.000                                 | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                  | <b>Recipe ID:</b>     | R-28454          |
| <b>School:</b>       | CUSTER BAKER<br>INTERMEDIATE<br>SCHOOL |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| BEAN REFRIED VEGTAR<br>LO SOD 6-26.25Z | 2 Package   | RECONSTITUTE<br>1: Pour<br>1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.<br>2: Quickly pour full pouch of beans into water and cover. 3:<br>Allow beans to sit for 25 minutes on steamtable. 4: Season if<br>desired, stir, serve. | 668341     |
| Cold Water                             | 1 Gallon    | Heat water to boiling or dispense from the hot water dispenser.  | 0000       |
| CHEESE MOZZ SHRD 4-<br>5 LOL           | 12 Ounce    |  | 645170     |

## Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.38 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 1.08 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 206.43   |
| <b>Fat</b>                | 2.25g    |
| <b>SaturatedFat</b>       | 1.31g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 5.63mg   |
| <b>Sodium</b>             | 240.18mg |
| <b>Carbohydrates</b>      | 30.59g   |
| <b>Fiber</b>              | 10.79g   |
| <b>Sugar</b>              | 0.38g    |

|                         |                         |
|-------------------------|-------------------------|
| <b>Protein</b>          | 13.42g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.95mg |
| <b>Calcium</b> 131.42mg | <b>Iron</b> 2.48mg      |

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# Malibu Veggie Blend

|                      |        |                       |                  |
|----------------------|--------|-----------------------|------------------|
| <b>Servings:</b>     | 96.000 | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-30468          |

## Ingredients

| Description                  | Measurement | Prep Instructions  | DistPart # |
|------------------------------|-------------|--|------------|
| VEG BLND MALIBU 6-4 FLAVRPAC | 6 Package   | PRESURELESS STEAMER: PLACE INTO A PERFORATED STEAM TABLE PAN. DO NOT ADD WATER OR COVER. STEAM PRODUCT IN A PREHEATED PRESURELESS STEAMER FOR 4-6 MINUTES. SEASON TO TASTE, SERVE IMMEDIATELY. | 164100     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.000

Serving Size: 0.50

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 15.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 20.00mg |                  |        |
| <b>Carbohydrates</b> | 3.00g   |                  |        |
| <b>Fiber</b>         | 1.50g   |                  |        |
| <b>Sugar</b>         | 1.50g   |                  |        |
| <b>Protein</b>       | 0.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 14.50mg | <b>Iron</b>      | 0.00mg |

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# Mashed Potatoes

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.000   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-22694          |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MARGARINE SLD 30-1 GCHC              | 1/5 Pound   |                   | 733061     |
| POTATO MASH REAL PREM 12-26Z IDAHOAN | 2 Package   |                   | 166872     |

## Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.000

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 187.11   |                  |        |
| <b>Fat</b>           | 3.25g    |                  |        |
| <b>SaturatedFat</b>  | 0.42g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 699.16mg |                  |        |
| <b>Carbohydrates</b> | 37.78g   |                  |        |
| <b>Fiber</b>         | 2.22g    |                  |        |
| <b>Sugar</b>         | 2.22g    |                  |        |
| <b>Protein</b>       | 4.44g    |                  |        |
| <b>Vitamin A</b>     | 70.00IU  | <b>Vitamin C</b> | 8.00mg |
| <b>Calcium</b>       | 44.44mg  | <b>Iron</b>      | 0.80mg |

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