

Cookbook for Test High School 2

Created by HPS Menu Planner

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Beans Baked MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	192.00
Fat	0.64g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	704.00mg
Carbohydrates	38.40g
Fiber	6.40g

Sugar	15.36g
Protein	8.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.00mg	Iron 2.43mg

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

Beans Green Sesame MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE 4-3LTR GCHC	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,

,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

, School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable
,

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	13.42		
Fat	0.42g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.98mg		
Carbohydrates	2.40g		
Fiber	0.90g		
Sugar	1.20g		
Protein	0.60g		
Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

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Cauliflower Parslied MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

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		19.50	
Fat		1.32g	
SaturatedFat		0.84g	
Trans Fat		0.00g	
Cholesterol		3.60mg	
Sodium		4.50mg	
Carbohydrates		1.50g	
Fiber		0.90g	
Sugar		0.30g	
Protein		0.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

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Fries Sweet Potato Crinkle MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	168.53
Fat	6.32g
SaturatedFat	1.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	252.80mg
Carbohydrates	25.28g
Fiber	1.05g
Sugar	7.37g
Protein	1.05g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

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Fruit & Cheese Kabob MTG

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-101
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1 3/4 Gallon		212768
GRAPE RED SDLSS 5 MRKN	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE 12-15CT P/L	25 Cup		200565
CHEESE COLBY JK CUBED 6-1 GCHC	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.28
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	46.07
Fat	0.30g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	9.59mg
Carbohydrates	11.65g
Fiber	0.79g
Sugar	10.45g
Protein	0.69g
Vitamin A 43.96IU	Vitamin C 132.39mg
Calcium 12.82mg	Iron 0.16mg

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Hamburger Deluxe MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT 4- 1GAL GFS	1 3/5 Quart		429406

Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

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

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

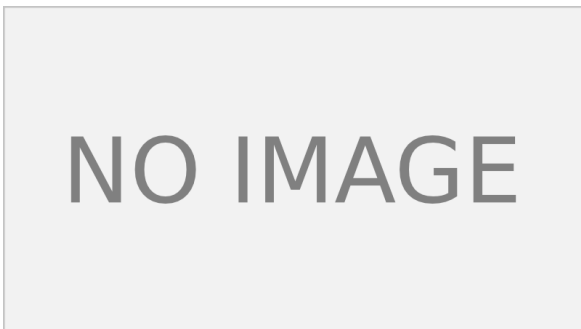
Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.07		
Fat	15.60g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	542.98mg		
Carbohydrates	37.49g		
Fiber	5.44g		
Sugar	9.02g		
Protein	18.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	85.66mg	Iron	2.92mg

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Ravioli w/Sauce MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-104
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
SAUCE SPAGHETTI NO SALT 6-106Z PREGO	1 1/2 Gallon		416096

Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

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

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

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	218.40
Fat	4.94g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	459.20mg
Carbohydrates	28.28g
Fiber	3.44g
Sugar	5.84g
Protein	14.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.20mg	Iron 2.29mg

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Salad Cucumber Creamy MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	3 Quart		429406
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SPICE DILL WEED 5Z TRDE	1/2 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1/2 Cup		513997
SUGAR CANE GRANUL 25 GCHC	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
 2. Add vinegar to dressing and blend.
 3. Add dill weed, white pepper, and chopped onion to dressing.
 4. Sprinkle sugar over dressing and mix well.
 5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.
- Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.64
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	58.77		
Fat	1.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	19.19mg		
Sodium	96.61mg		
Carbohydrates	10.28g		
Fiber	0.19g		
Sugar	3.88g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	9.18mg	Iron	0.13mg

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

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

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

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,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
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Grain	0.00
Fruit	0.00
GreenVeg	0.84
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	21.89
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.07mg
Carbohydrates	4.56g
Fiber	1.96g
Sugar	2.41g
Protein	1.91g

Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	30.91mg	Iron	0.69mg

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

Sandwich Bagel Turkey & Chs MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-130
School:	Test Elementary School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	100 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	20 Cup	1 leaf of lettuce (5 Heads of Lettuce)	702595
TOMATO RANDOM 2 25 MRKN	20 Each	1 thin slice of tomato	508616
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
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		281.96	
Fat		6.23g	
SaturatedFat		2.52g	
Trans Fat		0.06g	
Cholesterol		61.17mg	
Sodium		410.55mg	
Carbohydrates		31.10g	
Fiber		4.54g	
Sugar		6.50g	
Protein		25.39g	
Vitamin A	833.04IU	Vitamin C	5.59mg
Calcium	137.20mg	Iron	2.81mg

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

Sandwich Turkey Burger MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

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

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato 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 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	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
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	296.58		
Fat	11.58g		
SaturatedFat	3.02g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	421.85mg		
Carbohydrates	29.42g		
Fiber	4.45g		
Sugar	6.01g		
Protein	19.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	63.70mg	Iron	2.10mg

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

Eggs Scrambled USDA

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	100 Each		206539
MILK PWD FF INST 6-5 P/L	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	54.65		
Fat	2.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	103.76mg		
Sodium	97.11mg		
Carbohydrates	2.36g		
Fiber	0.00g		
Sugar	2.36g		
Protein	4.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.79mg	Iron	0.52mg

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

Cheesy Bean Twister Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	100 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 P/L	3 1/4 Gallon		293962
TOMATO DCD I/JCE MW 6-10 GCHC	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE 4-5 GCHC	5 Cup		191043

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.08
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.40
Fat	6.88g
SaturatedFat	1.52g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	836.84mg
Carbohydrates	52.68g
Fiber	9.75g
Sugar	3.58g
Protein	14.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.24mg	Iron 3.70mg

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

Chicken Patty Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ICEBERG FS 4-6CT MRKN	200 Piece	2 Leafs of Lettuce	307769
TOMATO 6X6 LRG 10 MRKN	100 Slice	1 Slice of Tomato	199001

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato 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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		389.81	
Fat		14.58g	
SaturatedFat		2.52g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		643.47mg	
Carbohydrates		42.07g	
Fiber		6.77g	
Sugar		6.33g	
Protein		20.32g	
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	71.93mg	Iron	3.10mg

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

Salad Cucumber Creamy MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D 4-1GAL GCHC	1 Quart		467596
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 1/2 Cup		629640
SPICE DILL WEED 5Z TRDE	1 1/4 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	2 1/2 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1 1/4 Cup		513997
SUGAR CANE GRANUL 25 GCHC	12 1/2 Ounce		108642
CUCUMBER SELECT SUPER 45 MRKN	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.

4. Sprinkle sugar over dressing and mix well.
 5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.
- Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.55
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	72.26		
Fat	7.09g		
SaturatedFat	1.28g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	48.53mg		
Carbohydrates	1.60g		
Fiber	0.17g		
Sugar	1.05g		
Protein	0.17g		
Vitamin A	30.03IU	Vitamin C	0.80mg
Calcium	5.54mg	Iron	0.10mg

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

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

NO IMAGE

Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21348
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	14 2/7 Cup	Hold at 41F.	600504
CHEESE PARM IMIT GRTD 2-5 SCHRBR	14 2/7 Tablespoon	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Each	BAKE 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Once cooked, chill below 72F in one hour and below 41F in an additional two hours, before putting chicken on cold salads.	327120
BREADSTICK GARLIC 168CT NY 10081	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT 500- .25Z FRSHGOUR	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal

temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.
Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	1.42
Fruit	0.00
GreenVeg	2.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving

Calories	552.95
Fat	24.56g
SaturatedFat	4.18g
Trans Fat	0.00g
Cholesterol	25.46mg
Sodium	994.19mg
Carbohydrates	57.84g
Fiber	9.66g
Sugar	8.61g
Protein	26.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.41mg	Iron 8.78mg

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

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

NO IMAGE

Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21349
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	14 2/7 Cup	Hold at 41F.	600504
CHEESE PARM IMIT GRTD 2-5 SCHRBR	14 2/7 Tablespoon	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX BRST FLLT GRLLD 2.26Z 4- 7.5 TYS	7 1/7 Each	Cook chicken to 165F for 15 sec. Let completely cool, using cook-chill method. Slice and top on lettuce.	561331
BREADSTICK GARLIC 168CT NY 10081	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.25
Fruit	0.00
GreenVeg	2.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving

Calories	360.14
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.02mg
Sodium	858.68mg
Carbohydrates	41.02g
Fiber	5.84g
Sugar	7.34g
Protein	23.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.39mg	Iron 7.24mg

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

Fruit & Yogurt Parfait w/ Granola & UBR

NO IMAGE

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21350
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	57 1/7 Fluid Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 11/14 Cup	Ready to eat.	711664
STRAWBERRY IQF 30 COMM	1 11/14 Cup	Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included.	150450
Wild Blueberries fzn	1 11/14 Cup	Can put in parfait frozen so juice doesn't bleed.	100243
ROUND BKFST UBR IW 126-2.2Z RICH	7 1/7 Each	Serve on top of parfait cup.	129001

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving			
Calories		620.30	
Fat		12.50g	
SaturatedFat		4.08g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		364.88mg	
Carbohydrates		113.31g	
Fiber		9.50g	
Sugar		60.86g	
Protein		14.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	298.78mg	Iron	1.93mg

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Fish & Chips

NO IMAGE

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21351
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	14 2/7 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
FRIES WEDGE SEAS 6-5 LAMB	3 4/7 Cup	Bake according to package directions	457558
SAUCE TARTAR DIPN CUP 100- 1Z PPI	7 1/7 Each	Serve on side	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 7.14
Serving Size: 1.00 Each

Amount Per Serving

Calories	620.25
Fat	32.01g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	100.04mg
Sodium	1090.43mg
Carbohydrates	51.02g
Fiber	6.00g
Sugar	2.00g
Protein	32.01g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.02mg	Iron	2.86mg

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

Cooked Carrots

NO IMAGE

Servings:	178.57	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21352
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	89 2/7 Cup		150390
MARGARINE SLD 30-1 GCHC	3 4/7 Cup	Cut up butter and place in with frozen carrots. After carrots get done cooking stir thoroughly so butter is melted and even throughout.	733061

Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

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: 178.57

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.00		
Fat	4.52g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	78.20mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	240.00IU	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

Spinach Salad

NO IMAGE

Servings:	357.14	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21353
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	92 6/7 Pound		560545
CUCUMBER SELECT 6CT MRKN	17 6/7 Pound	Wash and slice thin.	592323
TOMATO GRAPE SWT 10 MRKN	14 2/7 Each	Wash.	129631

Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.26
RedVeg	0.00
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	4.99
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.32mg
Carbohydrates	1.13g
Fiber	0.61g

Sugar			0.31g
Protein			0.61g
Vitamin A	18.88IU	Vitamin C	0.48mg
Calcium	18.13mg	Iron	0.57mg

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

Seasoned Green Beans

NO IMAGE

Servings:	485.71	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21354
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	28 4/7 #10 CAN	Do not drain beans, juice will help the beans not dry out.	100307
MARGARINE SLD 30-1 GCHC	3 4/7 Cup	Slice butter on top of beans.	733061
SPICE ONION POWDER 19Z TRDE	28 4/7 Teaspoon	Add	126993
SPICE GARLIC POWDER 6 TRDE	28 4/7 Teaspoon	Add	513857

Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		36.11	
Fat		1.29g	
SaturatedFat		0.53g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		225.96mg	
Carbohydrates		4.80g	
Fiber		3.04g	
Sugar		1.52g	
Protein		1.52g	
Vitamin A	88.24IU	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

Choice of Juice

NO IMAGE

Servings:	1.80	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24916
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 4/5 Each		118940

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: 1.80

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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