

# **Cookbook for BMS**

**Created by HPS Menu Planner**

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# Chicken Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16441          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

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

## Preparation Instructions

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap.

Hold at 135 degrees F or greater until service.

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 380.00                  |
| <b>Fat</b>              | 15.50g                  |
| <b>SaturatedFat</b>     | 2.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 25.00mg                 |
| <b>Sodium</b>           | 620.00mg                |
| <b>Carbohydrates</b>    | 41.00g                  |
| <b>Fiber</b>            | 6.00g                   |
| <b>Sugar</b>            | 5.00g                   |
| <b>Protein</b>          | 20.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |

|                |         |             |        |
|----------------|---------|-------------|--------|
| <b>Calcium</b> | 60.00mg | <b>Iron</b> | 2.90mg |
|----------------|---------|-------------|--------|

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# Green Beans

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-16442          |
| <b>School:</b>       | MHS      |                       |                  |

## Ingredients

| Description        | Measurement | Prep Instructions   | DistPart # |
|--------------------|-------------|---|------------|
| Green Beans frozen | 3/4 Cup     | <b>WASH HANDS</b><br>Place green beans in vented 4" steamtable pan and put in preheated steam unit.<br>Heat until temperature reaches 140 ° or higher and hold in warmer for hot service for no longer than 4 hours | 100351     |

## 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> | 0.75 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 28.50  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.50mg |                  |        |
| <b>Carbohydrates</b> | 6.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Lettuce and Tomato

|                      |           |                       |           |
|----------------------|-----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16443   |
| <b>School:</b>       | MHS       |                       |           |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| LETTUCE LEAF GRN SAND FLLT 4-2 P/L | 1 Piece     |                   | 877510     |
| TOMATO SLCD 1/4 5 RSS              | 1 Slice     |                   | 786535     |

## 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving         |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 9.05                     |
| <b>Fat</b>                 | 0.05g                    |
| <b>SaturatedFat</b>        | 0.01g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 0.00mg                   |
| <b>Sodium</b>              | 11.13mg                  |
| <b>Carbohydrates</b>       | 1.88g                    |
| <b>Fiber</b>               | 0.28g                    |
| <b>Sugar</b>               | 0.63g                    |
| <b>Protein</b>             | 0.20g                    |
| <b>Vitamin A</b> 2687.43IU | <b>Vitamin C</b> 18.08mg |
| <b>Calcium</b> 22.25mg     | <b>Iron</b> 0.42mg       |

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# Assorted Fruit

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16444 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Apple, Red

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16445 |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED 1-138CT MRKN | 1 Piece     |                   | 256662     |

## Preparation Instructions

Wash thoroughly in running water before serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Orange

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16446 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| ORANGES NAVEL/VALENCIA FCY 113CT MRKN | 1 Each      |                   | 198013     |

## 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>    | 0.25 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 40.45    |                  |         |
| <b>Fat</b>           | 0.10g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 0.85mg   |                  |         |
| <b>Carbohydrates</b> | 10.50g   |                  |         |
| <b>Fiber</b>         | 1.80g    |                  |         |
| <b>Sugar</b>         | 7.00g    |                  |         |
| <b>Protein</b>       | 0.75g    |                  |         |
| <b>Vitamin A</b>     | 203.78IU | <b>Vitamin C</b> | 48.76mg |
| <b>Calcium</b>       | 35.48mg  | <b>Iron</b>      | 0.11mg  |

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# Pear

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16447 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
| PEAR 40     | 1 Each      |                   | 762560     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Banana

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16449 |
| <b>School:</b>       | MHS       |                       |         |

## 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Raisins

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16450 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 504.00  |                  |        |
| <b>Fat</b>           | 1.20g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 31.20mg |                  |        |
| <b>Carbohydrates</b> | 124.00g |                  |        |
| <b>Fiber</b>         | 9.20g   |                  |        |
| <b>Sugar</b>         | 116.00g |                  |        |
| <b>Protein</b>       | 4.80g   |                  |        |
| <b>Vitamin A</b>     | 14.80IU | <b>Vitamin C</b> | 0.40mg |
| <b>Calcium</b>       | 63.60mg | <b>Iron</b>      | 4.68mg |

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# Dried Cranberries

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16451 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CRANBERRY DRIED 300-1.16Z COMM | 1 Each      |                   | 765981     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 110.00 |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g |                  |        |
| <b>Fiber</b>         | 3.00g  |                  |        |
| <b>Sugar</b>         | 24.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

# Applesauce Cup, Plain

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16452 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---|------------|
| APPLESAUCE UNSWT 96-4.5Z COMM | 1 Each      | READY_TO_EAT<br>Applesauce can be consumed right from the single-serve container, chilled or at room temperature. | 527682     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 60.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 15.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 18.00g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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# Applesauce cup, cinnamon

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16453 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions                                   | DistPart # |
|-------------------------------------|-------------|---|------------|
| APPLESAUCE CINNAMON 96-4.5Z<br>COMM | 1 Each      | READY_TO_EAT<br>Chill for 2 hours prior to serving. | 645060     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 60.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 15.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 6.00mg | <b>Iron</b>      | 0.00mg |

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# Applesauce cup, Strawberry Banana

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16454 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| APPLESAUCE STRAWB BAN CUP 96-4.5Z | 1 Each      |                   | 726560     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 70.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 14.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg | <b>Iron</b>      | 0.00mg |

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# Applesauce Cup, Blue Raspberry

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16455 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| APPLESAUCE BLUE RASPB 96-4.5Z<br>COMM | 1 Each      |                   | 136711     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 70.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 14.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg | <b>Iron</b>      | 0.00mg |

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# Applesauce Cup, Watermelon

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16456 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                            | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| APPLESAUCE WILD WTRMLN 96-4.5Z<br>COMM | 1 Each      |                   | 136701     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 60.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 15.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 15.00g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg  | <b>Iron</b>      | 0.00mg |

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# Applesauce Cup, Cherry

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16458 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| APPLESAUCE CHERRY CUP 96-4.5Z ZZ | 1 Each      |                   | 726570     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 80.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 15.00mg |                  |        |
| <b>Carbohydrates</b> | 20.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 17.00g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg  | <b>Iron</b>      | 0.00mg |

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# Strawberries, cup

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16459 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| STRAWBERRY CUP 96-4.5Z COMM | 1 Each      |                   | 655010     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 90.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g |                  |        |
| <b>Fiber</b>         | 2.00g  |                  |        |
| <b>Sugar</b>         | 18.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Peaches, cup, frozen

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16460 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| PEACH CUP 96-4.4Z COMM | 1 Each      |                   | 232470     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 80.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 19.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 16.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Peach cup, shelf stable

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16461 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PEACH DCD CUP 72-4.5Z ZEE ZEE | 1 Each      |                   | 136741     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 70.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 10.00mg |                  |        |
| <b>Carbohydrates</b> | 18.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 16.00g  |                  |        |
| <b>Protein</b>       | 1.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 7.00mg  | <b>Iron</b>      | 0.00mg |

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# Pear cup, Shelf Stable

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16462 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PEAR DCD CUP 72-4.5Z ZEE ZEES | 1 Each      |                   | 136752     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 70.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 5.00mg |                  |        |
| <b>Carbohydrates</b> | 19.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 15.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 7.00mg | <b>Iron</b>      | 0.00mg |

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

# Mixed Fruit Cup, Shelf Stable

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16463 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG | 4 Ounce     |                   | 731041     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 320.00  |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 0.00mg  |                  |        |
| <b>Carbohydrates</b> | 76.00g  |                  |        |
| <b>Fiber</b>         | 4.00g   |                  |        |
| <b>Sugar</b>         | 60.00g  |                  |        |
| <b>Protein</b>       | 4.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 4.00mg |
| <b>Calcium</b>       | 56.00mg | <b>Iron</b>      | 0.00mg |

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# Milk, 1%

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Milk    |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16465 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description              | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| MILK WHT 1% 50-8FLZ DPUR | 1 Each      |                   | 408762     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 110.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 130.00mg |                  |        |
| <b>Carbohydrates</b> | 13.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 15.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 25.00mg  | <b>Iron</b>      | 0.00mg |

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# Milk, 1% Chocolate

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Milk    |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16466 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description               | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| .5 pint 1% chocolate milk | 1 Cup       |                   |            |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 110.00   |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 180.00mg |                  |        |
| <b>Carbohydrates</b> | 20.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 18.00g   |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 10.00IU  | <b>Vitamin C</b> | 2.00mg |
| <b>Calcium</b>       | 30.00mg  | <b>Iron</b>      | 0.00mg |

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# Milk, Strawberry, Fat Free

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Milk    |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16467 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description              | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| Milk Strawberry Fat Free | 1 Cup       |                   | 17025      |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 120.00   |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 120.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 22.00g   |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 10.00IU  | <b>Vitamin C</b> | 2.00mg |
| <b>Calcium</b>       | 30.00mg  | <b>Iron</b>      | 0.00mg |

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# Walking Taco

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16468          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions  | DistPart # |
|-------------------------------------|-------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce |  | 722330     |
| CHIP NACHO REDC FAT 72-1Z DORITOS   | 1 Each      | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 456090     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 3 Ounce     |  | 135261     |

## Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side and serve.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.13 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 257.65   |
| <b>Fat</b>           | 11.15g   |
| <b>SaturatedFat</b>  | 3.55g    |
| <b>Trans Fat</b>     | 0.29g    |
| <b>Cholesterol</b>   | 38.75mg  |
| <b>Sodium</b>        | 560.65mg |
| <b>Carbohydrates</b> | 25.63g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 3.00g    |
| <b>Protein</b>       | 15.68g   |



|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 645.00IU | <b>Vitamin C</b> | 5.00mg |
| <b>Calcium</b>   | 116.88mg | <b>Iron</b>      | 2.30mg |

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# Beans, Refried

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16477          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---|------------|
| BEAN REFRD VEGTAR<br>6-27.09Z SANTG | 1 Serving   | <b>RECONSTITUTE</b><br>1: Pour 1<br>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. | 703753     |

## Preparation Instructions

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.

Serving Size: #8 Scoop

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.00   |                  |        |
| <b>Fat</b>           | 1.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 610.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 10.00g   |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 10.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.88mg |
| <b>Calcium</b>       | 50.88mg  | <b>Iron</b>      | 2.29mg |

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# Salsa, Cup

|                      |           |                       |           |
|----------------------|-----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16479   |

## Ingredients

| Description          | Measurement | Prep Instructions    | DistPart # |
|----------------------|-------------|----------------------|------------|
| SALSA CUP 84-3Z REDG | 1 Each      | READY_TO_EAT<br>None | 677802     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 30.00    |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 200.00mg |                  |        |
| <b>Carbohydrates</b> | 6.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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# Macaroni and Cheese

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16480          |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| ENTREE MAC & CHS WGRAIN 6-5 LOL | 6 Ounce     | BAKE              | 527582     |

## Preparation Instructions

STURDY PLASTIC POUCHES CAN BE PREPARED IN STEAMER OR BOILING WATER. HEATING TIMES MAY VARY WITH TYPE OF EQUIPMENT USED AND NUMBER OF POUCHES HEATED. TEST INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. STEAMER: PLACE THAWED POUCH ON PERFORATED STEAM TABLE PAN AND HEAT FOR 35 MINUTES. BOILING WATER: PLACE UNOPENED POUCHES IN BOILING WATER FOR 40 MINUTES. POUCH SHOULD FLOAT FREELY IN WATER AND SHOULD BE ROTATED DURING THE HEATING PROCESS. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F. WHEN POSSIBLE, KEEP PRODUCT IN HEATED POUCHES UNTIL SERVINGS. IF PRE-PANED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS. USE CAUTION WHEN OPENING POUCHES SINCE PRODUCT IS VERY HOT.

Serving Size: 2-#12 Scoops

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 670.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 750.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 400.00mg | <b>Iron</b>      | 1.08mg |

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# Broccoli

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16481          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| BROCCOLI FZ 30 COMM | 3/4 Cup     |                   | 549292     |

## Preparation Instructions

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.75 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 39.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 33.00mg |                  |        |
| <b>Carbohydrates</b> | 7.50g   |                  |        |
| <b>Fiber</b>         | 4.50g   |                  |        |
| <b>Sugar</b>         | 1.50g   |                  |        |
| <b>Protein</b>       | 4.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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# Chicken Nuggets w/ Fritos

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16482          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| CHIX BRST NUG BRD<br>WGRAIN .66Z 4-7 | 5 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen. | 558040     |
| CHIP CORN FUN SZ 120-<br>.75Z FRITOS | 1 Package   | <b>READY_TO_EAT</b><br>Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened  | 158763     |

## Preparation Instructions

Bake at 375 degrees F in single layer 6-8 min (ovens vary) until internal temperature reaches 165 degrees F or greater.

Bread stick:

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Marketing Tips

Serving size: 5 pieces of chicken and 1 Bread stick

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 360.00   |
| <b>Fat</b>                | 22.00g   |
| <b>SaturatedFat</b>       | 3.50g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 20.00mg  |
| <b>Sodium</b>             | 590.00mg |
| <b>Carbohydrates</b>      | 28.00g   |
| <b>Fiber</b>              | 4.00g    |
| <b>Sugar</b>              | 1.00g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   | 14.00g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 59.00mg | <b>Iron</b>      | 2.00mg |

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# Soft Pretzel Rod

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16483          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| PRETZEL ROD SFT WHEAT 180-1Z J&J | 1 Each      |                   | 607940     |

## Preparation Instructions

LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES\* AT 350 400 DEGREES F. MICROWAVE: 20 30 SECONDS\* ON HIGH

Serving Size: 1 each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 70.00   |                  |        |
| <b>Fat</b>           | 0.50g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 40.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 0.00g   |                  |        |
| <b>Protein</b>       | 2.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.72mg |

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# Corn, frozen

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-16486          |
| <b>School:</b>       | MHS      |                       |                  |

## Ingredients

| Description     | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| CORN FZ 30 COMM | 1 Serving   |                   | 120490     |

## 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> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.75 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 100.50 |                  |        |
| <b>Fat</b>           | 1.50g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.50mg |                  |        |
| <b>Carbohydrates</b> | 24.00g |                  |        |
| <b>Fiber</b>         | 3.00g  |                  |        |
| <b>Sugar</b>         | 4.50g  |                  |        |
| <b>Protein</b>       | 3.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Romaine Side Salad (Elem)

|                      |           |                       |           |
|----------------------|-----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16487   |
| <b>School:</b>       | MHS       |                       |           |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE 12CT MRKN       | 1 Cup       |                   | 200344     |
| TOMATO LARGE 1/10 LB CS         | 1/2 Cup     | DICE              | 03413      |
| CROUTON CHS GARL WGRAIN 250-.5Z | 1 Package   |                   | 661022     |
| CARROT MATCHSTICK SHRED 2-3 RSS | 1 Ounce     |                   | 198161     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.47 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 97.61     |                  |        |
| <b>Fat</b>           | 1.80g     |                  |        |
| <b>SaturatedFat</b>  | 0.20g     |                  |        |
| <b>Trans Fat</b>     | 0.02g     |                  |        |
| <b>Cholesterol</b>   | 0.00mg    |                  |        |
| <b>Sodium</b>        | 170.20mg  |                  |        |
| <b>Carbohydrates</b> | 17.67g    |                  |        |
| <b>Fiber</b>         | 2.79g     |                  |        |
| <b>Sugar</b>         | 3.33g     |                  |        |
| <b>Protein</b>       | 3.32g     |                  |        |
| <b>Vitamin A</b>     | 4755.56IU | <b>Vitamin C</b> | 1.73mg |
| <b>Calcium</b>       | 33.88mg   | <b>Iron</b>      | 0.98mg |

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# Corn Dog, Chicken

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16491          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

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

## Preparation Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

Serving Size: 1 ea

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 240.00                  |
| <b>Fat</b>              | 9.00g                   |
| <b>SaturatedFat</b>     | 2.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 40.00mg                 |
| <b>Sodium</b>           | 470.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 8.00g                   |
| <b>Protein</b>          | 9.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 100.00mg | <b>Iron</b> 1.50mg      |

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# Baked Beans

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 3.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-16543          |
| <b>School:</b>       | MHS      |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| BEAN BAKED VEGTAR 6-10 BUSH | 3/4 Cup     |                   | 570710     |

## 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> | 0.00 |
| <b>Legumes</b>  | 0.75 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 225.00   |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 825.00mg |                  |        |
| <b>Carbohydrates</b> | 45.00g   |                  |        |
| <b>Fiber</b>         | 7.50g    |                  |        |
| <b>Sugar</b>         | 18.00g   |                  |        |
| <b>Protein</b>       | 10.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 75.00mg  | <b>Iron</b>      | 2.85mg |

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# Popcorn Chicken w/ Fritos

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 11.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16544          |
| <b>School:</b>       | MHS        |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIP CORN FUN SZ 120-.75Z FRITOS       | 1 Package   | READY_TO_EAT<br>Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened | 158763     |
| CHIX POPCORN BRD<br>WGRAIN FC .28Z 4-8 | 1 Serving   |   | 327120     |

## 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.

Serving Size: 12 each and 1 pkg fun size fritos

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 11.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 370.92   |
| <b>Fat</b>           | 22.18g   |
| <b>SaturatedFat</b>  | 3.73g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 21.82mg  |
| <b>Sodium</b>        | 501.83mg |
| <b>Carbohydrates</b> | 27.27g   |
| <b>Fiber</b>         | 4.27g    |
| <b>Sugar</b>         | 1.09g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   | 16.27g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 56.00mg | <b>Iron</b>      | 2.18mg |

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# Breadstick

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16545          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| BREADSTICK WGRAIN 1Z 12-20CT | 1 Each      |                   | 406321     |

## Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 70.00   |                  |        |
| <b>Fat</b>           | 1.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 95.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 2.00g   |                  |        |
| <b>Protein</b>       | 2.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 26.00mg | <b>Iron</b>      | 1.00mg |

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# Carrots

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 3.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-16546          |
| <b>School:</b>       | MHS      |                       |                  |

## Ingredients

| Description       | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| CARROT FZ 30 COMM | 3/4 Cup     |                   | 150390     |

## Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CARROTS TO BOILING WATER. IF DESIRED, ADD 1 TSP SEASONING FOR EACH 100 SERVINGS OF VEGETABLE. 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. IF DESIRED, SPRINKLE 1TSP OF SEASONING OVER EACH 100 SERVINGS OF VEGETABLE AND STIR TO COMBINE. 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.

Serving Size: 3/4 c.

### 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>   | 0.75 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 40.50   |                  |        |
| <b>Fat</b>           | 1.50g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 36.00mg |                  |        |
| <b>Sodium</b>        | 64.50mg |                  |        |
| <b>Carbohydrates</b> | 9.00g   |                  |        |
| <b>Fiber</b>         | 3.00g   |                  |        |
| <b>Sugar</b>         | 4.50g   |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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# Sloppy Joe on Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16547          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM      | 3 5/8 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

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 285.00   |                  |        |
| <b>Fat</b>           | 7.50g    |                  |        |
| <b>SaturatedFat</b>  | 2.20g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 44.00mg  |                  |        |
| <b>Sodium</b>        | 597.00mg |                  |        |
| <b>Carbohydrates</b> | 35.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 19.00g   |                  |        |
| <b>Vitamin A</b>     | 459.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 64.00mg  | <b>Iron</b>      | 3.00mg |

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# Tator Tots

|                      |               |                       |                  |
|----------------------|---------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00          | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 12.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch         | <b>Recipe ID:</b>     | R-16548          |
| <b>School:</b>       | MHS           |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| POTATO TATER TOTS R/SOD 6-5 OREI | 3 7/9 Ounce |                   | 563840     |

## Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

### 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>   | 0.75 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 46.20   |                  |        |
| <b>Fat</b>           | 1.68g   |                  |        |
| <b>SaturatedFat</b>  | 0.21g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 84.00mg |                  |        |
| <b>Carbohydrates</b> | 7.14g   |                  |        |
| <b>Fiber</b>         | 0.84g   |                  |        |
| <b>Sugar</b>         | 0.42g   |                  |        |
| <b>Protein</b>       | 0.42g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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

# Tangerine Chicken

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16549          |
| <b>School:</b>       | OHS          |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions  | DistPart # |
|-------------------------------------|--------------|--|------------|
| STIR FRY CHIX TANGR<br>WGRAIN 6-7.2 | 3 9/10 Ounce |  | 791710     |
| RICE PARBL STRONGBOX<br>25 GCHC     | 1/4 Cup      | <b>BOIL</b><br>Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 722987     |

## Preparation Instructions

Pre-heat oven to 350-375 degrees F. Place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

Sauce-

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 °F.

Serving:

Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

Pre-heat oven to 350-375 degrees F. Place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

50°F/400°F. Spread

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

Convection/Conventional oven (Best) Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content

is 165 . °F

Microwave (Good)

Place entire sauce in bag into microwave for

3 minutes or until content is 165 . °F

(product must be thawed)

Toss Chicken w/ Sauce

Serve with #12 scoop

## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 4.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.00mg  |                  |        |
| <b>Sodium</b>        | 380.00mg |                  |        |
| <b>Carbohydrates</b> | 62.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 13.00g   |                  |        |
| <b>Protein</b>       | 18.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 2.88mg |

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# White Rice

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.50 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16550          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions  | DistPart # |
|---------------------------------|-------------|--|------------|
| RICE PARBL STRONGBOX<br>25 GCHC | 1/8 Cup     | <b>BOIL</b><br>Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 722987     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.52 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 88.40  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 19.24g |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 2.08g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.75mg |

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# Cheese Pizza-Big Daddy

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16552          |
| <b>School:</b>       | MHS        |                       |                  |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| PIZZA CHS<br>WGRAIN PRIMO<br>16 9-41.44Z | 1 Slice     | <b>BAKE</b><br>COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. | 575522     |

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving size: 1 slice

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 360.00   |
| <b>Fat</b>           | 16.00g   |
| <b>SaturatedFat</b>  | 7.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 35.00mg  |
| <b>Sodium</b>        | 490.00mg |
| <b>Carbohydrates</b> | 35.00g   |
| <b>Fiber</b>         | 3.00g    |

|                         |                         |
|-------------------------|-------------------------|
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 21.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 441.00mg | <b>Iron</b> 2.10mg      |

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

# Pepperoni Pizza-Big Daddy

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16553          |
| <b>School:</b>       | MHS        |                       |                  |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| PIZZA TKY PEPP<br>16 WGRAIN PRIMO<br>9CT | 1 Slice     | <b>BAKE</b><br>COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. | 665451     |

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving Slice: 1 slice

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 360.00   |
| <b>Fat</b>           | 17.00g   |
| <b>SaturatedFat</b>  | 7.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 45.00mg  |
| <b>Sodium</b>        | 580.00mg |
| <b>Carbohydrates</b> | 33.00g   |
| <b>Fiber</b>         | 3.00g    |



|                         |                         |
|-------------------------|-------------------------|
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 21.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 370.00mg | <b>Iron</b> 2.20mg      |

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

# Turkey and Cheese Sandwich

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16554 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 6 Slice     |                   | 244190     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL   | 1 Slice     |                   | 722360     |
| BREAD WHL WHE PULLMAN SLCD 12-22Z    | 2 Each      |                   | 710650     |

## Preparation Instructions

Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service.

Serving size: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 285.00   |                  |        |
| <b>Fat</b>           | 8.50g    |                  |        |
| <b>SaturatedFat</b>  | 2.25g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 52.50mg  |                  |        |
| <b>Sodium</b>        | 750.00mg |                  |        |
| <b>Carbohydrates</b> | 23.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 2.50g    |                  |        |
| <b>Protein</b>       | 26.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 76.00mg  | <b>Iron</b>      | 2.36mg |

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# PB&J, Cheese Stick, Goldfish

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16558 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J STRAWB 72-2.6Z    | 1 Each      |                   | 536012     |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each      |                   | 786801     |
| CRACKER GLDFSH CINN 300-2CT PEPPFM  | 1 Package   |                   | 194510     |

## Preparation Instructions

Thaw PB&J uncrustable in cooler. Place 1 uncrustable, 1 cheese Stick and 1 goldfish cracker in bag. Serve.

Serving size: 1 bag

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 480.00                  |
| <b>Fat</b>              | 23.00g                  |
| <b>SaturatedFat</b>     | 6.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 620.00mg                |
| <b>Carbohydrates</b>    | 53.00g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 23.00g                  |
| <b>Protein</b>          | 17.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 342.00mg | <b>Iron</b> 3.00mg      |

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# Chef Salad (Elem and Middle School)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16559 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce FR Romaine US #1, 24 CT 35 LB CS-<br>Graves County Schools | 1 1/2 Cup   | BAKE              | 16P33      |
| CARROT SHRD MED 2-5 RSS  | 1/4 Ounce   |                   | 313408     |
| CUCUMBER 6CT P/L   | 2 Slice     |                   | 100435     |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO                               | 6 Slice     |                   | 244190     |
| EGG HARD CKD PLD DRY PK 12-12CT PAP                                | 1/2 Each    |                   | 853800     |
| CHEESE CHED SHRD 6-5 COMM  | 1/4 Ounce   |                   | 199720     |
| CROUTON CHS GARL WGRAIN 250-.5Z                                    | 1 Package   |                   | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z                                | 1 Package   |                   | 736280     |

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.75 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 2.50 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

---

**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 368.63   |
| <b>Fat</b>           | 14.55g   |
| <b>SaturatedFat</b>  | 3.95g    |
| <b>Trans Fat</b>     | 0.02g    |
| <b>Cholesterol</b>   | 137.50mg |
| <b>Sodium</b>        | 773.95mg |
| <b>Carbohydrates</b> | 31.42g   |
| <b>Fiber</b>         | 2.62g    |
| <b>Sugar</b>         | 5.08g    |
| <b>Protein</b>       | 26.41g   |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 7173.87IU | <b>Vitamin C</b> | 19.13mg |
| <b>Calcium</b>   | 127.38mg  | <b>Iron</b>      | 3.74mg  |

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# Yogurt and Fruit Parfait (All)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16561 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| YOGURT VAN L/F<br>PARFPR 6-4 YOPL | 8 Ounce     | READY_TO_EAT<br>Ready to use with pouch & serving tip.   | 811500     |
| STRAWBERRY CUP<br>96-4.5Z COMM    | 1 Each      |  | 655010     |
| GRANOLA BAG IW<br>144-1Z FLDSTN   | 2 Package   | READY_TO_EAT<br>Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742     |

## Preparation Instructions

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola

Hold at 41 degrees F or lower until serving.

Serving size: 1 parfait w/ 1 pkg. Granola

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 2121.04                 |
| <b>Fat</b>              | 18.94g                  |
| <b>SaturatedFat</b>     | 5.97g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 1105.22mg               |
| <b>Carbohydrates</b>    | 432.15g                 |
| <b>Fiber</b>            | 6.00g                   |
| <b>Sugar</b>            | 292.69g                 |
| <b>Protein</b>          | 66.70g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |

**Calcium** 2149.25mg      **Iron** 1.44mg

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

# Chicken Tenders w/ Cornbread Loaf

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 3.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16564          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIX TNR WGRAIN FC 4-8 TYS             | 3 Piece     | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.    | 283951     |
| CORNBREAD SNAC FORT WGRAIN IW<br>72-2Z | 1 Each      | <b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 159791     |

## 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.

Serving Size: 3 each chicken tenders and 1 cornbread loaf

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 440.00   |
| <b>Fat</b>           | 21.00g   |
| <b>SaturatedFat</b>  | 3.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 40.00mg  |
| <b>Sodium</b>        | 480.00mg |
| <b>Carbohydrates</b> | 44.00g   |



|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 4.00g   |                  |        |
| <b>Sugar</b>     | 16.00g  |                  |        |
| <b>Protein</b>   | 18.00g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 57.00mg | <b>Iron</b>      | 3.00mg |

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# Mini Pancakes w/ Turkey Sausage Links (2)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16566          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                                  | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| PANCAKE MAPL<br>WGRAIN IW 72-<br>3.17Z PILLS | 1 Package   | <b>READY_TO_EAT</b><br>Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269220     |
| SAUSAGE TKY<br>LNK BKFST CKD<br>160-1.025Z   | 2 Each      | <b>GRILL</b><br>Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.  | 352740     |

## Preparation Instructions

### READY\_TO\_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.\*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.\*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Bake at 375 degrees F for 9 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Serving: Serve 1 pkg Pancakes and 2 Turkey Sausage Links together

### Meal Components (SLE)

Amount Per Serving

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

|                 |      |
|-----------------|------|
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

---

**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 340.00   |
| <b>Fat</b>           | 14.00g   |
| <b>SaturatedFat</b>  | 2.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 450.00mg |
| <b>Carbohydrates</b> | 37.00g   |
| <b>Fiber</b>         | 2.00g    |
| <b>Sugar</b>         | 11.00g   |
| <b>Protein</b>       | 16.00g   |

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|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 70.00mg | <b>Iron</b>      | 2.22mg |

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# Hashbrown Patty

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16567          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| HASHBROWN FAST 2.5Z 6-3.5 LAMB | 1 Each      |                   | 242241     |

## Preparation Instructions

Conventional Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 20-25 minutes. Until internal temperature reaches 165 degrees F or greater.

Convection Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 12-14 minutes. Until internal temperature reaches 165 degrees F. or greater

Hold at 135 degrees F or greater until service.

Serving size: 1 each

### 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>   | 0.25 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 125.00   |                  |        |
| <b>Fat</b>           | 6.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 245.00mg |                  |        |
| <b>Carbohydrates</b> | 14.50g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.00mg   | <b>Iron</b>      | 0.35mg |

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# Mini Ravioli w/ MMarinara

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 7.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16569          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions    | DistPart # |
|-----------------------------------|-------------|----------------------|------------|
| RAVIOLI CHS WGRAIN MINI 6-5 TASTY | 7 Each      |                      | 524650     |
| SAUCE MARINARA 6-10 REDPK         | 1/4 Cup     | READY_TO_EAT<br>None | 502181     |

## Preparation Instructions

Thaw Meat Sauce under refrigeration. Heat in steamer until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Place ravioli in boiling water. Heat until ravioli boil for 4 min or until the internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving size: Place 7 ravioli in bowl and mix with (5.6 oz by weight) 1/2 c. Meat Sauce.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <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: 1.00

Serving Size: 7.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 155.00   |                  |        |
| <b>Fat</b>           | 3.25g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 15.00mg  |                  |        |
| <b>Sodium</b>        | 247.50mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 112.00mg | <b>Iron</b>      | 1.22mg |

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# Garlic Bread

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16570          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| BREAD GARL TST SLC<br>WGRAIN 12-12CT | 1 Slice     | <b>BAKE</b><br>Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.<br><b>GRIDDLE_FRY</b><br>Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.<br><b>GRILL</b><br>Place toast on grill. Heat each side for 30 seconds or until heated through. | 277862     |

## Preparation Instructions

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

Serving Size: 1 each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 80.00    |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 150.00mg |                  |        |
| <b>Carbohydrates</b> | 10.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 4.00mg   | <b>Iron</b>      | 1.00mg |

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# Cheeseburger on Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16571          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                                 | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BEEF PTY CHARB<br>200-2.5Z ADV              | 1 Each      | <b>BAKE</b><br>Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f. | 203270     |
| CHEESE AMER<br>160CT SLCD R/F 6-<br>5 LOL   | 1 Slice     |  | 722360     |
| BUN HAMB SLCD<br>WHEAT WHL 4 10-<br>12 GCHC | 1 Each      |  | 517810     |

## Preparation Instructions

### BAKE

Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees F for 30-40 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef patty and 1 slice of Cheese on 1 each hamburger bun. Wrap in foil wrapper. Hold at 135 degrees F until service

Serving size: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 2.50 |
| <b>Grain</b> | 2.00 |
| <b>Fruit</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 285.00   |
| <b>Fat</b>           | 8.50g    |
| <b>SaturatedFat</b>  | 3.25g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 42.50mg  |
| <b>Sodium</b>        | 660.00mg |
| <b>Carbohydrates</b> | 27.00g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 4.50g    |
| <b>Protein</b>       | 23.50g   |

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|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 50.00mg | <b>Iron</b>      | 2.80mg |

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



# Hamburger on Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16572          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

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

## Preparation Instructions

### BAKE

Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef Patty on 1 hamburger bun. Wrap in foil wrapper and hold at 135 degrees F or greater until service

Serving Size: 1 sandwich

### 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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 250.00                  |
| <b>Fat</b>              | 6.50g                   |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 35.00mg                 |
| <b>Sodium</b>           | 450.00mg                |
| <b>Carbohydrates</b>    | 26.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 4.00g                   |
| <b>Protein</b>          | 20.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 50.00mg  | <b>Iron</b> 2.80mg      |

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# Bosco Cheesy Bread sticks w/ Marinara Sauce

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16573          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                                | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| BREADSTICK CHS<br>STFD WGRAIN 6<br>144CT   | 2 Each      | <p><b>CONVECTION</b><br/>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b><br/>Oven temperatures may vary. Adjust baking time and or temperature as necessary.<br/>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b><br/>Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b><br/>Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.<br/>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> | 235411     |
| SAUCE MARINARA<br>DIPN CUP 84-2.5Z<br>REDG | 1 Each      | <p><b>READY_TO_EAT</b><br/>None</p>   | 677721     |

## Preparation Instructions

### CONVECTION

#### Convection Oven

1. Preheat oven to 400° F.
  2. Place Bosco Sticks on a baking sheet.
  3. THAWED: 7-9 minutes.
  4. Let stand 2 minutes before serving.
- CAUTION: FILLING MAY BE HOT!**

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

#### DEEP\_FRY

Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

#### THAW

##### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing
3. Bosco Sticks may be thawed in packaging.
4. Bosco Stick have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Bake at 375 degrees F for 11 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Top Bosco Stick breadsticks with butter spray and Salt Free Garlic Seasoning (not included) after baking.

Hold at 135 degrees F or greater until serving.

Serving Size: 2 Bosco Sticks and 1 pkg Marinara Sauce

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 340.00   |                  |        |
| <b>Fat</b>           | 10.00g   |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 30.00mg  |                  |        |
| <b>Sodium</b>        | 640.00mg |                  |        |
| <b>Carbohydrates</b> | 42.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 22.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 464.00mg | <b>Iron</b>      | 2.00mg |

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# Chicken Drumsticks

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16574          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---|------------|
| CHIX DRMSTX BRD<br>WGRAIN CKD 4-7.4 | 1 Piece     | <b>BAKE</b><br>Preparation: Appliances vary, adjust accordingly.<br>Conventional Oven<br>1. Preheat oven to 375°F.<br>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.<br>3. Heat for 35-40 minutes.<br>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.<br><b>CONVECTION</b><br>Preparation: Appliances vary, adjust accordingly.<br>Convection Oven<br>1. Preheat oven to 350°F.<br>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.<br>3. Heat for 25-30 minutes<br>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. | 603391     |

## Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

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 or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service

Serving size: 1 drumstick

### Meal Components (SLE)

Amount Per Serving

|             |      |
|-------------|------|
| <b>Meat</b> | 2.00 |
|-------------|------|

|              |      |
|--------------|------|
| <b>Grain</b> | 0.00 |
|--------------|------|

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 220.00   |
| <b>Fat</b>           | 13.00g   |
| <b>SaturatedFat</b>  | 3.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 530.00mg |
| <b>Carbohydrates</b> | 6.00g    |
| <b>Fiber</b>         | 1.00g    |
| <b>Sugar</b>         | 0.00g    |
| <b>Protein</b>       | 19.00g   |

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|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 14.00mg | <b>Iron</b>      | 1.00mg |

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# Cheese Quesadilla

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16575          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| QUESADILLA CHS WGRAIN 96-5Z MAX | 1 Each      |                   | 231771     |

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 300.00   |                  |        |
| <b>Fat</b>           | 10.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 670.00mg |                  |        |
| <b>Carbohydrates</b> | 39.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 16.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 320.00mg | <b>Iron</b>      | 2.90mg |

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# Salsa Cup

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16578          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description          | Measurement | Prep Instructions    | DistPart # |
|----------------------|-------------|----------------------|------------|
| SALSA CUP 84-3Z REDG | 1 Each      | READY_TO_EAT<br>None | 677802     |

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 30.00    |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 200.00mg |                  |        |
| <b>Carbohydrates</b> | 6.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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# Fruit Sorbet-Blue Raspberry

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16579 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| SORBET CUP CHRY/BLUERASPB 96-4.4FLZ | 1/2 Cup     |                   | 602382     |

## Preparation Instructions

Store Frozen until service.

Serving Size: 1 each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 70.00    |                  |         |
| <b>Fat</b>           | 0.00g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 5.00mg   |                  |         |
| <b>Carbohydrates</b> | 18.00g   |                  |         |
| <b>Fiber</b>         | 3.00g    |                  |         |
| <b>Sugar</b>         | 15.00g   |                  |         |
| <b>Protein</b>       | 0.00g    |                  |         |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 60.00mg |
| <b>Calcium</b>       | 80.00mg  | <b>Iron</b>      | 0.36mg  |

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# Pizza Hut Cheese Pizza

|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Slice | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16583 |
| <b>School:</b>       | MHS        |                       |         |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| Pizza Hut Cheese Pizza Slice | 1 Each      | UNSPECIFIED       | 1          |

## Preparation Instructions

Hold at 135 degrees F or greater upon delivery until serving Serving Size: 1 slice (1/8 pizza)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 3.90g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 530.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 21.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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# Lt. Ranch Dip

|                      |           |                       |                     |
|----------------------|-----------|-----------------------|---------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16603             |
| <b>School:</b>       | MHS       |                       |                     |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 1 Each      |                   | 499521     |

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 70.00    |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 125.00mg |                  |        |
| <b>Carbohydrates</b> | 5.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 0.00mg |

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# Spanish Rice

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16651          |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| RICE BRN MEXICAN WGRAIN 6-26Z GCHC | 1/2 Cup     |                   | 576280     |

## Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Serving Size: #8 scoop (1/2 cup)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 100.00   |                  |        |
| <b>Fat</b>           | 1.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 150.00mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 0.36mg |

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# BBQ Beef Rib Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16652          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER   | 1 Each      | <b>BAKE</b><br>Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes. | 451410     |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun       | UNSPECIFIED  | 3159       |

## Preparation Instructions

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes or until internal temperature reaches greater than 165 degrees F.

Place one pattie on 1 bun and hold at 135 degrees F or greater until service

Serving Size: one Sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 360.00   |
| <b>Fat</b>           | 12.00g   |
| <b>SaturatedFat</b>  | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 40.00mg  |
| <b>Sodium</b>        | 860.00mg |
| <b>Carbohydrates</b> | 42.00g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 14.00g   |
| <b>Protein</b>       | 20.00g   |
| <b>Vitamin A</b>     | 0.00IU   |
| <b>Vitamin C</b>     | 0.00mg   |
| <b>Calcium</b>       | 44.00mg  |
| <b>Iron</b>          | 11.80mg  |

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# Mozarella Sticks w/ Marinara Sauce

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-16653          |
| <b>School:</b>       | BMS          |                       |                  |

## Ingredients

| Description                                | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| APTZR MOZZ STIX<br>BRD R/F 8-3 FRM<br>RCH  | 6 Each      | <b>BAKE</b><br>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     |
| SAUCE MARINARA<br>DIPN CUP 84-2.5Z<br>REDG | 1 Each      | READY_TO_EAT<br>None  | 677721     |

## Preparation Instructions

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) or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Serving Size: 6 each cheese sticks and 1 pkt Marinara sauce

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 350.00   |
| <b>Fat</b>           | 11.00g   |
| <b>SaturatedFat</b>  | 3.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 15.00mg  |
| <b>Sodium</b>        | 760.00mg |
| <b>Carbohydrates</b> | 41.00g   |
| <b>Fiber</b>         | 5.00g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Sugar</b>     | 6.00g    |                  |        |
| <b>Protein</b>   | 21.00g   |                  |        |
| <b>Vitamin A</b> | 578.00IU | <b>Vitamin C</b> | 0.93mg |
| <b>Calcium</b>   | 536.00mg | <b>Iron</b>      | 1.77mg |

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# Grilled Chicken on Pretzel Roll

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16655          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions   | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX BRST GRLLD CKD<br>NAE 3Z 2-5 TYS | 1 Each      | <b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.<br><b>MICROWAVE</b><br>Appliances vary, adjust accordingly.<br>Microwave<br>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes. | 152121     |
| ROLL PRETZEL<br>WGRAIN 120-2.2Z J&J   | 1 Each      |   | 500162     |

## Preparation Instructions

### CONVECTION

Appliances vary, adjust accordingly.

### Convection Oven

From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Place 1 chicken breast on 1 pretzel roll and serve

Serving size: 1 sandwich

## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |



|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

---

**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 300.00   |
| <b>Fat</b>           | 5.50g    |
| <b>SaturatedFat</b>  | 1.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 345.00mg |
| <b>Carbohydrates</b> | 34.00g   |
| <b>Fiber</b>         | 3.00g    |
| <b>Sugar</b>         | 4.00g    |
| <b>Protein</b>       | 27.00g   |

---

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 22.00mg | <b>Iron</b>      | 3.40mg |

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# Cherry Sweet and Sour Chicken w/ Rice

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16656          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                          | Measurement  | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15 | 3 9/10 Ounce |                   | 653342     |
| RICE PARBL STRONGBOX 25 GCHC         | 1 Serving    |                   | 722987     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 370.00   |                  |        |
| <b>Fat</b>           | 4.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.00mg  |                  |        |
| <b>Sodium</b>        | 350.00mg |                  |        |
| <b>Carbohydrates</b> | 64.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 2.40mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 2.70mg |

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# Double Stuff Pepperoni Pizza

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16657          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PIZZA TKYPEPP 3X5 WGRAIN STFD 96CT | 1 Each      |                   | 238240     |

## Preparation Instructions

REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: PREHEAT OVEN TO 375°F. BAKE ON PARCHMENT LINED PAN 13 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 14 TO 15 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. Hold at 135 degrees F or greater until service

Serving size: 1 piece

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 250.00                  |
| <b>Fat</b>              | 8.00g                   |
| <b>SaturatedFat</b>     | 4.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 25.00mg                 |
| <b>Sodium</b>           | 510.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 16.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 2.40mg      |

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# Cheesy Garlic Flatbread

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16658          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| FLATBREAD CHS<br>GARL WGRAIN 96-<br>4.23Z | 1 Each      | <p><b>BAKE</b><br/> <b>COOKING GUIDELINES. COOK BEFORE SERVING.</b> Place 2 pizza sheets on an 18" x 26" x 1 2" sheet pan. <b>CONVECTION OVEN:</b> Low fan, 350°F for 11-14 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> Due to variances in oven regulators, cooking time and temperature may require adjustments. Rotate pan one half turn to prevent cheese from burning. Refrigerate or discard any unused portion.</p> | 521030     |

## Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING. Place 2 pizza sheets on an 18" x 26" x 1

2" sheet pan. CONVECTION OVEN: Low fan, 350°F for 11-14 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165 degrees F. Hold at 135 degrees F or greater.

Serving size: 1 piece (2 strips)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 320.00   |
| <b>Fat</b>           | 12.00g   |
| <b>SaturatedFat</b>  | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 15.00mg  |
| <b>Sodium</b>        | 550.00mg |
| <b>Carbohydrates</b> | 36.00g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 6.00g    |
| <b>Protein</b>       | 16.00g   |
| <b>Vitamin A</b>     | 0.00IU   |
| <b>Vitamin C</b>     | 0.00mg   |

**Calcium** 314.00mg **Iron** 2.50mg

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# Romaine Side Salad (HS and MS)

|                      |           |                       |           |
|----------------------|-----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16661   |
| <b>School:</b>       | BMS       |                       |           |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE 12CT MRKN       | 1 Each      |                   | 200344     |
| TOMATO LARGE 1/10 LB CS         | 1/2 Cup     | DICE              | 03413      |
| CROUTON CHS GARL WGRAIN 250-.5Z | 1 Package   |                   | 661022     |
| CARROT MATCHSTICK SHRED 2-3 RSS | 1 Each      |                   | 198161     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.75 |
| <b>RedVeg</b>   | 0.47 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 102.61    |                  |        |
| <b>Fat</b>           | 1.80g     |                  |        |
| <b>SaturatedFat</b>  | 0.20g     |                  |        |
| <b>Trans Fat</b>     | 0.02g     |                  |        |
| <b>Cholesterol</b>   | 0.00mg    |                  |        |
| <b>Sodium</b>        | 170.20mg  |                  |        |
| <b>Carbohydrates</b> | 18.67g    |                  |        |
| <b>Fiber</b>         | 3.29g     |                  |        |
| <b>Sugar</b>         | 3.83g     |                  |        |
| <b>Protein</b>       | 3.82g     |                  |        |
| <b>Vitamin A</b>     | 4755.56IU | <b>Vitamin C</b> | 1.73mg |
| <b>Calcium</b>       | 41.88mg   | <b>Iron</b>      | 1.16mg |

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# Beef and Bean Burritos

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16663          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| BURRITO BF/BEAN/CHS WGRAIN IW 96-5Z | 1 Each      |                   | 497320     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 7.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 460.00mg |                  |        |
| <b>Carbohydrates</b> | 40.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 16.00g   |                  |        |
| <b>Vitamin A</b>     | 400.00IU | <b>Vitamin C</b> | 1.20mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 1.44mg |

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# Bean and Cheese Burrito

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16664          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BURRITO BEAN/CHS WGRAIN 96-4.5Z | 1 Each      |                   | 150852     |

## Preparation Instructions

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 310.00                  |
| <b>Fat</b>                | 9.00g                   |
| <b>SaturatedFat</b>       | 4.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 10.00mg                 |
| <b>Sodium</b>             | 580.00mg                |
| <b>Carbohydrates</b>      | 40.00g                  |
| <b>Fiber</b>              | 9.00g                   |
| <b>Sugar</b>              | 4.00g                   |
| <b>Protein</b>            | 16.00g                  |
| <b>Vitamin A</b> 400.00IU | <b>Vitamin C</b> 3.60mg |
| <b>Calcium</b> 200.00mg   | <b>Iron</b> 2.70mg      |

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# Domino's Cheese Pizza

|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Slice | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16667 |
| <b>School:</b>       | BMS        |                       |         |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| Domino's 14" WG LM Cheese Pizza | 1 Slice     |                   |            |

## Preparation Instructions

Ready to serve

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 260.00   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 540.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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# Domino's Pepperoni

|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Slice | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-16668 |
| <b>School:</b>       | BMS        |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| Domino's 14" WG RFRS Pepperoni Pizza | 1 Slice     |                   |            |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 270.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 570.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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

# Beef Hotdog on Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16672          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| FRANKS BEEF 8/ 2-5 GFS           | 1 Each      |                   | 417350     |
| BUN HOT DOG WGRAIN 6 12-12CT CEM | 1 Each      |                   | 222320     |

## Preparation Instructions

Heat franks in oven at 350 degrees F until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open hotdog bun and place frank inside. Wrap until service

Serving: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 339.00   |                  |        |
| <b>Fat</b>           | 18.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.50g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 650.00mg |                  |        |
| <b>Carbohydrates</b> | 34.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 12.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 68.89mg  | <b>Iron</b>      | 4.19mg |

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# Meatball Sub w/ Mozzarella

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16677          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions    | DistPart # |
|-----------------------------------|-------------|----------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM        | 4 Each      |                      | 785860     |
| SAUCE MARINARA A/P 6-10 REDPK     | 2 Ounce     | READY_TO_EAT<br>None | 592714     |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each      |                      | 276142     |
| CHEESE MOZZ SHRD 4-5 LOL          | 1/8 Cup     |                      | 645170     |

## Preparation Instructions

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open sub bun. Place 1/8 c. cheese on bun, place 4 meatballs in sauce on bun. Close bun and wrap in foil wrap until service.

Serving size: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.36 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 382.23                  |
| <b>Fat</b>              | 14.62g                  |
| <b>SaturatedFat</b>     | 5.82g                   |
| <b>Trans Fat</b>        | 0.60g                   |
| <b>Cholesterol</b>      | 43.80mg                 |
| <b>Sodium</b>           | 765.31mg                |
| <b>Carbohydrates</b>    | 37.38g                  |
| <b>Fiber</b>            | 4.43g                   |
| <b>Sugar</b>            | 8.38g                   |
| <b>Protein</b>          | 24.07g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |

|                |          |             |        |
|----------------|----------|-------------|--------|
| <b>Calcium</b> | 227.03mg | <b>Iron</b> | 3.00mg |
|----------------|----------|-------------|--------|

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# French Bread Pizza-Cheese

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16679          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| FRENCH BRD<br>WGRAIN 50/50<br>CHS 60-5.2Z | 1 Each      | <p><b>BAKE</b><br/>           FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p> | 154321     |

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greater. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 290.00   |
| <b>Fat</b>           | 11.00g   |
| <b>SaturatedFat</b>  | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 20.00mg  |
| <b>Sodium</b>        | 440.00mg |
| <b>Carbohydrates</b> | 33.00g   |
| <b>Fiber</b>         | 0.00g    |
| <b>Sugar</b>         | 4.00g    |

|                         |                         |
|-------------------------|-------------------------|
| <b>Protein</b>          | 17.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 360.00mg | <b>Iron</b> 2.60mg      |

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# French Bread Pizza-Pepperoni

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16681          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                                 | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| FRENCH BRD<br>WGRAIN PEPP 60-<br>4.93Z TONY | 1 Each      | <p><b>BAKE</b><br/>           FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p> | 154420     |

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greater. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 300.00   |
| <b>Fat</b>           | 12.00g   |
| <b>SaturatedFat</b>  | 4.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 25.00mg  |
| <b>Sodium</b>        | 560.00mg |
| <b>Carbohydrates</b> | 33.00g   |
| <b>Fiber</b>         | 0.00g    |
| <b>Sugar</b>         | 4.00g    |



|                         |                         |
|-------------------------|-------------------------|
| <b>Protein</b>          | 18.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 280.00mg | <b>Iron</b> 2.90mg      |

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# Chef Salad (HS only)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-16684 |
| <b>School:</b>       | BMS       |                       |         |

## Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce FR Romaine US #1, 24 CT 35 LB CS-<br>Graves County Schools | 2 Cup       | BAKE              | 16P33      |
| CARROT SHRD MED 2-5 RSS  | 1/4 Ounce   |                   | 313408     |
| CUCUMBER 6CT P/L   | 2 Slice     |                   | 100435     |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO                               | 6 Slice     |                   | 244190     |
| EGG HARD CKD PLD DRY PK 12-12CT PAP                                | 1 Each      |                   | 853800     |
| CHEESE CHED SHRD 6-5 COMM  | 1/4 Ounce   |                   | 199720     |
| CROUTON CHS GARL WGRAIN 250-.5Z                                    | 1 Package   |                   | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z                                | 2 Package   |                   | 736280     |

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.75 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 2.50 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 507.33   |
| <b>Fat</b>           | 20.55g   |
| <b>SaturatedFat</b>  | 5.20g    |
| <b>Trans Fat</b>     | 0.02g    |
| <b>Cholesterol</b>   | 222.50mg |
| <b>Sodium</b>        | 972.70mg |
| <b>Carbohydrates</b> | 46.67g   |
| <b>Fiber</b>         | 3.12g    |
| <b>Sugar</b>         | 5.83g    |
| <b>Protein</b>       | 31.66g   |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 9048.87IU | <b>Vitamin C</b> | 20.03mg |
| <b>Calcium</b>   | 163.88mg  | <b>Iron</b>      | 5.12mg  |

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# Veggie Burger

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16688          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BURGER VEGGIE 7-VEG 48-3.5Z<br>MSTARFM    | 1 Each      |                   | 561649     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       |                   | 3480       |

## Preparation Instructions

Heat veggie pattie until internal temperature is 165 degrees F or greater. Place on hamburger bun and wrap. Hold at 135 degrees F or greater until service.

Serving size: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 320.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 770.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g   |                  |        |
| <b>Fiber</b>         | 8.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 23.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 90.00mg  | <b>Iron</b>      | 1.40mg |

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# Spicy Chicken Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-16690          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each      |   | 517810     |
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327080     |

## Preparation Instructions

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap.

Hold at 135 degrees F or greater until service.

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 410.00                  |
| <b>Fat</b>              | 16.50g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 25.00mg                 |
| <b>Sodium</b>           | 580.00mg                |
| <b>Carbohydrates</b>    | 42.00g                  |
| <b>Fiber</b>            | 6.00g                   |
| <b>Sugar</b>            | 5.00g                   |
| <b>Protein</b>          | 21.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |

|                |         |             |        |
|----------------|---------|-------------|--------|
| <b>Calcium</b> | 70.00mg | <b>Iron</b> | 3.00mg |
|----------------|---------|-------------|--------|

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# General Tso's Chicken

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-20618          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions   | DistPart # |
|-------------------------------------|--------------|---|------------|
| SAUCE GEN TSO 4-.5GAL ASIAN         | 1 Tablespoon |   | 802850     |
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 11 Each      | BAKE<br>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.<br>CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES 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.

Add Sauce..Toss to coat

Serving Size: 11 pieces of chicken w/ 1 tbs Sauce

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.83 |
| <b>Grain</b>    | 0.92 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 265.00   |                  |        |
| <b>Fat</b>           | 13.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 520.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.00mg  | <b>Iron</b>      | 2.00mg |

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# Smile Fries

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 6.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-20662          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                | Measurement | Prep Instructions  | DistPart # |
|----------------------------|-------------|--|------------|
| POTATO SMILES 26/ 6-4 OREI | 3 3/5 Ounce | <p>CONVECTION<br/>           PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.<br/>           DEEP_FRY<br/>           FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.</p> | 228818     |

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. Serving Size: 6 each

### 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>   | 0.75 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 194.19   |                  |        |
| <b>Fat</b>           | 6.72g    |                  |        |
| <b>SaturatedFat</b>  | 0.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 268.88mg |                  |        |
| <b>Carbohydrates</b> | 29.88g   |                  |        |
| <b>Fiber</b>         | 2.99g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.99g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 3.59mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.54mg |

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# Grilled Cheese Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-21262          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| 1/24oz Sandwich Wheat Bread        | 2 Slice     |                   | 659522     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 4 Slice     |                   | 722360     |

## Preparation Instructions

Place 4 slices of cheese between 2 slices of bread. Coat top and bottom bread with butter spray. Bake in 375 degree F oven until cheese is melted and bread is golden brown.

Serving size: 1 sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 30.00mg  |                  |        |
| <b>Sodium</b>        | 840.00mg |                  |        |
| <b>Carbohydrates</b> | 4.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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# Mini Waffles w/ Turkey Sausage

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-22365          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                                 | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| WAFFLE MINI<br>MAPL WGRAIN IW<br>72-2.47Z   | 1 Package   | <b>BAKE</b><br>Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269260     |
| SAUSAGE TKY LNK<br>BKFST CKD 160-<br>1.025Z | 2 Each      | <b>GRILL</b><br>Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.   | 352740     |

## Preparation Instructions

Heat pancakes in oven at 325 degrees F until heated to 165 degrees F or greater Heat Turkey Sausage links in oven at 325 degrees F until internal temperature is 165 degrees or greater Hold at 165 degrees or greater until service Serving Size: 1 pkg Pancakes and 2 Turkey Sausage Links

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 320.00   |
| <b>Fat</b>           | 13.00g   |
| <b>SaturatedFat</b>  | 3.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 350.00mg |
| <b>Carbohydrates</b> | 37.00g   |
| <b>Fiber</b>         | 3.00g    |
| <b>Sugar</b>         | 13.00g   |
| <b>Protein</b>       | 16.00g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 40.00mg | <b>Iron</b>      | 1.82mg |

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# Cheese Lasagna Rollups w/ Marinara

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-22403 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                     | Measurement | Prep Instructions    | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 1 Each      |                      | 234041     |
| SAUCE MARINARA A/P 6-10 REDPK   | 2 Ounce     | READY_TO_EAT<br>None | 592714     |

## Preparation Instructions

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 until internal temperature reaches 165 degrees F or greater.

Hold at 165 degrees F or greater until service.

Serving Size: 1 lasagna Roll up and 2 oz Marinara Sauce

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.36 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 261.43   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 585.71mg |                  |        |
| <b>Carbohydrates</b> | 31.86g   |                  |        |
| <b>Fiber</b>         | 3.43g    |                  |        |
| <b>Sugar</b>         | 7.86g    |                  |        |
| <b>Protein</b>       | 16.43g   |                  |        |
| <b>Vitamin A</b>     | 400.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 311.43mg | <b>Iron</b>      | 1.08mg |

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# Lucky Unicorn Parfait

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-23895 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL         | 1 Cup       | READY_TO_EAT<br>Ready to use with pouch & serving tip.                         | 811500     |
| CEREAL LUCKY CHARMS WGRAIN<br>BWL 96CT | 1 Package   | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-<br>to-serve bowl. | 265811     |
| STRAWBERRY CUP 96-4.5Z COMM            | 1 Each      |  | 655010     |

## Preparation Instructions

Layer 1 c. Yogurt in parfait cup w/ 1 bowl of Lucky Charms. Put 1 ctn. of strawberries in the fruit compartment. Store at 41 degrees F or lower until service

Serving size: 1 parfait.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 423.88   |                  |        |
| <b>Fat</b>           | 2.49g    |                  |        |
| <b>SaturatedFat</b>  | 0.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 299.40mg |                  |        |
| <b>Carbohydrates</b> | 91.27g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 59.84g   |                  |        |
| <b>Protein</b>       | 10.46g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 378.66mg | <b>Iron</b>      | 3.60mg |

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# Popcorn Chicken Bowl

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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-23944          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                               | Measurement  | Prep Instructions   | DistPart # |
|---|--------------|---|------------|
| CHIX POPCORN BRD<br>WGRAIN FC .28Z 4-8    | 12 Each      |   | 327120     |
| POTATO PRLS EXCEL 12-<br>26.5Z SMART SERV | 1 Ounce      | RECONSTITUTE<br>1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 146581     |
| MIX GRAVY POULTRY LO<br>SOD 8-22.6Z TRIO  | 1 Tablespoon |   | 552061     |

## Preparation Instructions

Prepare Chicken according to instructions. Heat in 375 degree oven on single layer pan for 15 min or until internal temperature reaches 165 degrees F or greater.

Prepare potatoes according to instructions

Prepare gravy according to instructions

Serving Size:

Placy #8 Scoop of mashed potatoes in bowl. Top with 12 pieces of popcorn chicken. Top with 1 oz. gravy

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.76 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 387.04   |
| <b>Fat</b>           | 15.69g   |
| <b>SaturatedFat</b>  | 2.73g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 25.58mg  |
| <b>Sodium</b>        | 612.22mg |
| <b>Carbohydrates</b> | 41.00g   |
| <b>Fiber</b>         | 4.79g    |
| <b>Sugar</b>         | 1.84g    |
| <b>Protein</b>       | 19.05g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 56.17mg | <b>Iron</b>      | 2.58mg |

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# HUMMUS & PRETZELS

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-26815          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions             | DistPart # |
|--------------------------------------|-------------|-------------------------------|------------|
| HUMMUS ORIG 4-.5GAL GREC             | 200 Ounce   | Not I/W. Will have to Portion | 209902     |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 100 Package | READY_TO_EAT<br>Ready to Eat  | 893711     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.26 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 220.00   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 480.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 54.00mg  | <b>Iron</b>      | 2.80mg |

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# Turkey Italian Combo Sandwich

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-26816 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| TURKEY ITAL COMBO SLCD 12-1 JENNO | 3 Ounce     |                   | 199721     |
| BREAD WHL WHE PULLMAN SLCD 12-22Z | 2 Each      |                   | 710650     |

## Preparation Instructions

Place 6 slices of meat on one slice of bread and top with another slice of bread. Wrap in plastic wrap and hold at 41 degrees F or lower until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 266.70   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.20g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 58.00mg  |                  |        |
| <b>Sodium</b>        | 713.30mg |                  |        |
| <b>Carbohydrates</b> | 24.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 19.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 102.67mg | <b>Iron</b>      | 2.96mg |

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# Turkey and Cheese Lunch Pack

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-26817 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| TURKEY BRST SMKD COIN<br>1.75 SLCD 6-2 | 3 2/7 Ounce |  | 394123     |
| CHEESE STIX COLBY JK R/F<br>IW 168-1Z  | 1 Each      |  | 786510     |
| BREAD ULTRA LOCO WGRAIN<br>6.5 12-12CT | 1 Each      | THAW<br>Ultra Loco Bread is fully baked but performs best if slightly warmed<br>/u2022For best results thaw out to room temperature prior to heating<br>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen<br>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.99 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

|                           |                         |
|---------------------------|-------------------------|
| <b>Amount Per Serving</b> |                         |
| <b>Calories</b>           | 339.70                  |
| <b>Fat</b>                | 10.99g                  |
| <b>SaturatedFat</b>       | 5.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 69.85mg                 |
| <b>Sodium</b>             | 813.55mg                |
| <b>Carbohydrates</b>      | 27.00g                  |
| <b>Fiber</b>              | 3.00g                   |
| <b>Sugar</b>              | 1.00g                   |
| <b>Protein</b>            | 30.94g                  |
| <b>Vitamin A</b> 0.00IU   | <b>Vitamin C</b> 0.00mg |

|                |          |             |        |
|----------------|----------|-------------|--------|
| <b>Calcium</b> | 274.00mg | <b>Iron</b> | 2.16mg |
|----------------|----------|-------------|--------|

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# Yogurt and Fruit Parfait Pandemic

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-26818 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| YOGURT VAN L/F<br>PARFPR 6-4 YOPL | 1 Cup       | READY_TO_EAT<br>Ready to use with pouch & serving tip.   | 811500     |
| STRAWBERRY CUP<br>96-4.5Z COMM    | 1 Each      |  | 655010     |
| GRANOLA BAG IW<br>144-1Z FLDSTN   | 1 Package   | READY_TO_EAT<br>Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742     |

## Preparation Instructions

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola

Hold at 41 degrees F or lower until serving.

Serving size: 1 parfait w/ 1 pkg. Granola

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 433.88   |
| <b>Fat</b>           | 4.99g    |
| <b>SaturatedFat</b>  | 0.75g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 0.00mg   |
| <b>Sodium</b>        | 194.40mg |
| <b>Carbohydrates</b> | 88.27g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 56.84g   |
| <b>Protein</b>       | 11.46g   |
| <b>Vitamin A</b>     | 0.00IU   |
| <b>Vitamin C</b>     | 0.00mg   |

|                |          |             |        |
|----------------|----------|-------------|--------|
| <b>Calcium</b> | 268.66mg | <b>Iron</b> | 0.72mg |
|----------------|----------|-------------|--------|

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# Pepperoni Pizza Lunch Pack

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-26819 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO | 2 Ounce     |  | 276662     |
| CHEESE STRING MOZZ LT IW 168-1Z LOL  | 1 Each      |  | 786801     |
| BREAD ULTRA LOCO WGRAIN 6.5 12-12CT  | 1 Each      | THAW<br>Ultra Loco Bread is fully baked but performs best if slightly warmed<br>/u2022For best results thaw out to room temperature prior to heating<br>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen<br>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831     |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each      | READY_TO_EAT<br>None   | 677721     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <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: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 337.59    |
| <b>Fat</b>           | 10.38g    |
| <b>SaturatedFat</b>  | 3.46g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 46.50mg   |
| <b>Sodium</b>        | 1002.15mg |
| <b>Carbohydrates</b> | 36.46g    |
| <b>Fiber</b>         | 5.00g     |
| <b>Sugar</b>         | 7.46g     |
| <b>Protein</b>       | 21.76g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 298.00mg | <b>Iron</b>      | 2.02mg |

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# Nachos and Cheese Lunch pack

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-27558 |
| <b>School:</b>       | MHS       |                       |         |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| SAUCE CHS CHED DIP<br>CUP 140-3Z LOL   | 1 Each      |  | 528690     |
| SALSA 103Z 6-10 REDG                   | 3 Ounce     | READY_TO_EAT<br>None   | 452841     |
| CHIP TORTL RND R/F 104-<br>.88Z TOSTIT | 1 Package   | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 284751     |
| CHEESE STIX CHED MLD<br>R/F IW 168-1Z  | 1 Each      |  | 786830     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.06 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 403.30                  |
| <b>Fat</b>              | 21.50g                  |
| <b>SaturatedFat</b>     | 11.00g                  |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 50.00mg                 |
| <b>Sodium</b>           | 892.88mg                |
| <b>Carbohydrates</b>    | 32.66g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 10.22g                  |
| <b>Protein</b>          | 19.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |



|                |          |             |        |
|----------------|----------|-------------|--------|
| <b>Calcium</b> | 560.00mg | <b>Iron</b> | 0.22mg |
|----------------|----------|-------------|--------|

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# Meatballs w/ Marinara

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 4.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-30059          |
| <b>School:</b>       | MHS          |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions    | DistPart # |
|-------------------------------|-------------|----------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM    | 4 Each      |                      | 785860     |
| SAUCE MARINARA A/P 6-10 REDPK | 2 Ounce     | READY_TO_EAT<br>None | 592714     |

## Preparation Instructions

Place meatballs into steamtable pan. Add Sauce. Heat until meatballs and sauce reach 165 degrees F or higher.  
Serving Size: 4 meatballs and sauce

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.36 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 175.43   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 36.00mg  |                  |        |
| <b>Sodium</b>        | 431.71mg |                  |        |
| <b>Carbohydrates</b> | 8.86g    |                  |        |
| <b>Fiber</b>         | 2.43g    |                  |        |
| <b>Sugar</b>         | 4.86g    |                  |        |
| <b>Protein</b>       | 13.43g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 70.43mg  | <b>Iron</b>      | 1.00mg |

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# Garlic Twist Breadstic

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-30060          |
| <b>School:</b>       | MHS       |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| BREADSTICK GARL WGRAIN TWST 54-2.1Z | 1 Each      |                   | 644051     |

## Preparation Instructions

Place Breadsticks on Sheet pan. Heat at 375 degrees F for 6-8 min.

Serving size: 1 breadstick

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 150.00   |                  |        |
| <b>Fat</b>           | 3.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 180.00mg |                  |        |
| <b>Carbohydrates</b> | 26.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 5.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 16.00mg  | <b>Iron</b>      | 1.00mg |

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# Mini Corn Dogs

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-30062          |
| <b>School:</b>       | MHS          |                       |                  |

## 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 and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches 165 degrees F. Serving Size: 6 ea

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 267.00   |                  |         |
| <b>Fat</b>           | 11.00g   |                  |         |
| <b>SaturatedFat</b>  | 1.90g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 34.00mg  |                  |         |
| <b>Sodium</b>        | 365.00mg |                  |         |
| <b>Carbohydrates</b> | 33.00g   |                  |         |
| <b>Fiber</b>         | 3.00g    |                  |         |
| <b>Sugar</b>         | 12.00g   |                  |         |
| <b>Protein</b>       | 9.00g    |                  |         |
| <b>Vitamin A</b>     | 114.00IU | <b>Vitamin C</b> | 51.00mg |
| <b>Calcium</b>       | 66.00mg  | <b>Iron</b>      | 1.00mg  |

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# Fiestada

|                      |        |                       |                  |
|----------------------|--------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 1 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-30092          |
| <b>School:</b>       | MHS    |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| PIZZA BF FIESTADA<br>5 WGRAIN 72-5.44Z | 1 Each      | <b>BAKE</b><br><b>COOKING GUIDELINES: COOK BEFORE SERVING.</b> Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. <b>CONVECTION OVEN: 350°F for 11-14 minutes.</b> Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. <b>CONVENTIONAL OVEN: 425°F for 18-22 minutes.</b><br><b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion. | 487272     |

## Preparation Instructions

Cook before serving. Place frozen pizzas in 18x26x1/2" bun pans. Convection oven: 350 degrees F for 9-16 minutes. Conventional oven: 425 degrees F for 16-20 minutes. For food safety and quality, heat to an internal temperature of 165 degrees F. Serving Size: 1 each

### 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 710.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 241.00mg | <b>Iron</b>      | 3.10mg |

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# Turkey Ham n Cheese Pocket

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-30159          |
| <b>School:</b>       | BMS       |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| POCKET TKY HAM & CHS 80-4.8Z S&F FDS | 1 Each      |                   | 549632     |

## Preparation Instructions

Thaw prior to cooking. Product should be slacked on a sheet pan leaving 1-2 inches of space between each unit. This will ensure that each unit is evenly cooked. Heat product at 350F for 10-12 minutes or until it reached an internal temperature of 165F or higher. Serving size: 1 pocket

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <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: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.00mg  |                  |        |
| <b>Sodium</b>        | 590.00mg |                  |        |
| <b>Carbohydrates</b> | 31.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 19.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 337.00mg | <b>Iron</b>      | 2.00mg |

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# Taco Bowl w/ Doritos

|                      |        |                       |                  |
|----------------------|--------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.00 1 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-30163          |
| <b>School:</b>       | BMS    |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions  | DistPart # |
|-------------------------------------|--------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 Ounce      |  | 722330     |
| RICE BRN MEXICAN WGRAIN 6-26Z GCHC  | 3 Tablespoon |  | 576280     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 3 Ounce      |  | 135261     |
| CHIP NACHO REDC FAT 72-1Z DORITOS   | 1 Ounce      | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 456090     |

## Preparation Instructions

Make Rice according to directions. Heat taco meat until internal temperature reaches 165 degrees F or higher. Portion cheese sauce into 3 oz. souffle cups.

To assemble: Place #8 Scoop of Rice in paper food tray. Top with #12 scoop of Taco meat. Add souffle cup of cheese sauce.

Serving: 1 boat of taco meat, cheese and Rice and 1 bg. RF Doritos.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 2.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 465.43    |
| <b>Fat</b>                | 20.64g    |
| <b>SaturatedFat</b>       | 8.70g     |
| <b>Trans Fat</b>          | 0.27g     |
| <b>Cholesterol</b>        | 63.12mg   |
| <b>Sodium</b>             | 1176.25mg |
| <b>Carbohydrates</b>      | 50.73g    |
| <b>Fiber</b>              | 4.89g     |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Sugar</b>     | 2.89g    |                  |        |
| <b>Protein</b>   | 25.11g   |                  |        |
| <b>Vitamin A</b> | 610.41IU | <b>Vitamin C</b> | 4.73mg |
| <b>Calcium</b>   | 385.80mg | <b>Iron</b>      | 2.55mg |

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



# Popcorn Chicken w/ Pretzel

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-30168          |
| <b>School:</b>       | BMS          |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 11 Each     |                   | 327120     |
| PRETZEL ROD SFT WHEAT 180-1Z J&J    | 1 Each      |                   | 607940     |

## 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. Heat until internal temperature is 165 degrees F or higher Serving size: 11 pieces of chicken and 1 pretzel rod

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 300.00   |                  |        |
| <b>Fat</b>           | 13.50g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 390.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 16.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.00mg  | <b>Iron</b>      | 2.72mg |

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