

Cookbook for OHS

Created by HPS Menu Planner

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Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16441
School:	MHS		

Ingredients

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

Preparation Instructions

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Calcium	60.00mg	Iron	2.90mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Green Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans frozen	3/4 Cup	WASH HANDS Place green beans in vented 4" steamtable pan and put in preheated steam unit. 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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	28.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Lettuce and Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16443
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	9.05
Fat	0.05g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.13mg
Carbohydrates	1.88g
Fiber	0.28g
Sugar	0.63g
Protein	0.20g
Vitamin A 2687.43IU	Vitamin C 18.08mg
Calcium 22.25mg	Iron 0.42mg

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Assorted Fruit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Apple, Red

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16446
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Pear

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 40	1 Each		762560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

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

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Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16449
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16450
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	504.00		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.20mg		
Carbohydrates	124.00g		
Fiber	9.20g		
Sugar	116.00g		
Protein	4.80g		
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

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Dried Cranberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16451
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Applesauce Cup, Plain

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Applesauce cup, cinnamon

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Applesauce cup, Strawberry Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16454
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Applesauce Cup, Blue Raspberry

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Applesauce Cup, Watermelon

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Applesauce Cup, Cherry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16458
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Strawberries, cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16459
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Peaches, cup, frozen

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16460
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Peach cup, shelf stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16461
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Pear cup, Shelf Stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16462
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Mixed Fruit Cup, Shelf Stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16463
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Milk, 1%

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16465
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	130.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	8.00g		
Vitamin A	15.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	0.00mg

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

Milk, 1% Chocolate

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16466
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Milk, Strawberry, Fat Free

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16467
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16468
School:	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 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

Meat	2.13
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	116.88mg	Iron	2.30mg

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

Beans, Refried

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Serving	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Salsa, Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Macaroni and Cheese

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	670.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	17.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	400.00mg	Iron	1.08mg

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

Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16481
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Chicken Nuggets w/ Fritos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
CHIP CORN FUN SZ 120- .75Z FRITOS	1 Package	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	22.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	1.00g

Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	2.00mg

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

Soft Pretzel Rod

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16483
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Corn, frozen

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16486
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Romaine Side Salad (Elem)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16487
School:	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

Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Corn Dog, Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16491
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16543
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	225.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	825.00mg		
Carbohydrates	45.00g		
Fiber	7.50g		
Sugar	18.00g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	2.85mg

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

Popcorn Chicken w/ Fritos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT 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 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 11.00 Each

Amount Per Serving	
Calories	370.92
Fat	22.18g
SaturatedFat	3.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	501.83mg
Carbohydrates	27.27g
Fiber	4.27g
Sugar	1.09g

Protein		16.27g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.18mg

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

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16545
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16546
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

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

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

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16547
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Tator Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	12.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16548
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Serving

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

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

Tangerine Chicken

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce		791710
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup	BOIL 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

White Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/8 Cup	BOIL 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

Amount Per Serving

Calories	88.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.24g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.75mg

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

Cheese Pizza-Big Daddy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	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.	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g

Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

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

Pepperoni Pizza-Big Daddy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	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.	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g

Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

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

Turkey and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16554
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

PB&J, Cheese Stick, Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16558
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Chef Salad (Elem and Middle School)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-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

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	2.50

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00 Each

Amount Per Serving

Calories	368.63
Fat	14.55g
SaturatedFat	3.95g
Trans Fat	0.02g
Cholesterol	137.50mg
Sodium	773.95mg
Carbohydrates	31.42g
Fiber	2.62g
Sugar	5.08g
Protein	26.41g

Vitamin A	7173.87IU	Vitamin C	19.13mg
Calcium	127.38mg	Iron	3.74mg

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

Yogurt and Fruit Parfait (All)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	2 Package	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Ingredients

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving

Calories	440.00
Fat	21.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	480.00mg
Carbohydrates	44.00g

Fiber	4.00g		
Sugar	16.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	3.00mg

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

Mini Pancakes w/ Turkey Sausage Links (2)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	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.	269220
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	GRILL 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	340.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	450.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	11.00g
Protein	16.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.22mg

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

Hashbrown Patty

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16567
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Mini Ravioli w/ MMarinara

Servings:	1.00	Category:	Entree
Serving Size:	7.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16569
School:	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 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

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00 Serving

Amount Per Serving

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

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

Garlic Bread

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

Ingredients

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

Preparation Instructions

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16571
School:	MHS		

Ingredients

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

Meat	2.50
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	285.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	660.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	23.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16572
School:	MHS		

Ingredients

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

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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Bosco Cheesy Bread sticks w/ Marinara Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 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. <p>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.</p> <p>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.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 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. <p>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>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

Amount Per Serving

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

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Chicken Drumsticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. 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 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

Meat	2.00
-------------	------

Grain	0.00
--------------	------

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16575
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Salsa Cup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Fruit Sorbet-Blue Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16579
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	70.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	18.00g
Fiber	3.00g
Sugar	15.00g
Protein	0.00g
Vitamin A 500.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.36mg

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Pizza Hut Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16583
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

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

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Lt. Ranch Dip

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16603
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	125.00mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Spanish Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16652
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	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.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Mozarella Sticks w/ Marinara Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

Amount Per Serving	
Calories	350.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	760.00mg
Carbohydrates	41.00g
Fiber	5.00g

Sugar	6.00g		
Protein	21.00g		
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	536.00mg	Iron	1.77mg

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

Grilled Chicken on Pretzel Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16655
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	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. MICROWAVE Appliances vary, adjust accordingly. Microwave 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 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

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	5.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	345.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	3.40mg

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

Cherry Sweet and Sour Chicken w/ Rice

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16656
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving			
Calories	370.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	350.00mg		
Carbohydrates	64.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	2.70mg

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

Double Stuff Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16657
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

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

Cheesy Garlic Flatbread

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD CHS GARL WGRAIN 96- 4.23Z	1 Each	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 160°F. 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.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	320.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	550.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 314.00mg **Iron** 2.50mg

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

Romaine Side Salad (HS and MS)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16661
School:	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

Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.75
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Beef and Bean Burritos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16663
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Bean and Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16664
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Domino's Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16667
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

Amount Per Serving

Calories	260.00		
Fat	7.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	540.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Domino's Pepperoni

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16668
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

Amount Per Serving

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

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

Beef Hotdog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16672
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving			
Calories	339.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.89mg	Iron	4.19mg

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

Meatball Sub w/ Mozzarella

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16677
School:	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 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

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

Calcium	227.03mg	Iron	3.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

French Bread Pizza-Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16679
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	<p>BAKE 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	440.00mg
Carbohydrates	33.00g
Fiber	0.00g
Sugar	4.00g

Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 2.60mg

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

French Bread Pizza-Pepperoni

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16681
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	1 Each	<p>BAKE 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	560.00mg
Carbohydrates	33.00g
Fiber	0.00g
Sugar	4.00g

Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 2.90mg

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

Chef Salad (HS only)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS- 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

Meat	3.75
Grain	2.50
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	2.50

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00 Each

Amount Per Serving	
Calories	507.33
Fat	20.55g
SaturatedFat	5.20g
Trans Fat	0.02g
Cholesterol	222.50mg
Sodium	972.70mg
Carbohydrates	46.67g
Fiber	3.12g
Sugar	5.83g
Protein	31.66g
Vitamin A 9048.87IU	Vitamin C 20.03mg
Calcium 163.88mg	Iron 5.12mg

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

Veggie Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16688
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE 7-VEG 48-3.5Z 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16690
School:	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	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Calcium	70.00mg	Iron	3.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

General Tso's Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20618
School:	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 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.	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

Meat	1.83
Grain	0.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Smile Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	3 3/5 Ounce	CONVECTION 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. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

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

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21262
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

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

Mini Waffles w/ Turkey Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22365
School:	MHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	BAKE 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 BKFST CKD 160- 1.025Z	2 Each	GRILL 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	350.00mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	13.00g
Protein	16.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.82mg

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

Cheese Lasagna Rollups w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22403
School:	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 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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Lucky Unicorn Parfait

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- 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

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

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

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

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23944
School:	BMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
POTATO PRLS EXCEL 12- 26.5Z SMART SERV	1 Ounce	RECONSTITUTE 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 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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.76

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	387.04
Fat	15.69g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	25.58mg
Sodium	612.22mg
Carbohydrates	41.00g
Fiber	4.79g
Sugar	1.84g
Protein	19.05g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.17mg	Iron	2.58mg

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

HUMMUS & PRETZELS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26815
School:	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 Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	220.00		
Fat	8.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.80mg

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

Turkey Italian Combo Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26816
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Turkey and Cheese Lunch Pack

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.99
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

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

Calcium	274.00mg	Iron	2.16mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Yogurt and Fruit Parfait Pandemic

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT 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

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Calcium	268.66mg	Iron	0.72mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pepperoni Pizza Lunch Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26819
School:	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 Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	337.59
Fat	10.38g
SaturatedFat	3.46g
Trans Fat	0.00g
Cholesterol	46.50mg
Sodium	1002.15mg
Carbohydrates	36.46g
Fiber	5.00g
Sugar	7.46g
Protein	21.76g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	298.00mg	Iron	2.02mg

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

Nachos and Cheese Lunch pack

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
SALSA 103Z 6-10 REDG	3 Ounce	READY_TO_EAT None	452841
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 Package	READY_TO_EAT 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 R/F IW 168-1Z	1 Each		786830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

Calcium	560.00mg	Iron	0.22mg
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Meatballs w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30059
School:	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 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

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

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Garlic Twist Breadstic

Servings:	1.00	Category:	Grain
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30060
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

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Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30062
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

Amount Per Serving

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

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Fiestada

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

Ingredients

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Turkey Ham n Cheese Pocket

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30159
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

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Taco Bowl w/ Doritos

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30163
School:	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 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

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

Amount Per Serving	
Calories	465.43
Fat	20.64g
SaturatedFat	8.70g
Trans Fat	0.27g
Cholesterol	63.12mg
Sodium	1176.25mg
Carbohydrates	50.73g
Fiber	4.89g

Sugar	2.89g
Protein	25.11g
Vitamin A 610.41IU	Vitamin C 4.73mg
Calcium 385.80mg	Iron 2.55mg

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

Popcorn Chicken w/ Pretzel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30168
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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