

Cookbook for WOODFORD COUNTY HIGH

Created by HPS Menu Planner

Table of Contents

Sausage Biscuit

Chicken Biscuit

Chocolate Donut

Woodford Salad

Ham & Cheese Sandwich

Turkey & Cheese Sandwich

Fresh Roasted Veggies

Hamburger

Bacon Egg & Cheese Bagel

Bacon Egg & Cheese Croissant

Spicy Chicken Patty Sandwich

BLT Salad

Chicken Tenders

Mashed Potatoes

Orange Wedge

Sister Schubert's Yeast Roll

Strawberry Pop Tarts

Cinnamon Pop Tarts

Fudge Pop Tarts

Blueberry Pop Tarts

Salisbury Steak with brown gravy

Toast

Apple Slices

Crispy French Fries

Corn

Pineapple

Banana

Crinkle Cut Carrot Sticks

Celery Sticks

Mexican Rice

Corn & Black Beans

Curly Fries

Cheetos Puffs

Doritos

Tiger Chef Salad w/ muffin

Green Beans

Apple Juice Box (6oz)

Fruit Punch Juice Box (6oz)

Orange Juice Box (6oz)

Strawberry Applesauce

Mild Salsa Cup

Sour cream

Ranch Cup

Caramel Dip

Marinara Cup

Cheesy Bacon Eggs

Ketchup Dip

Honey Mustard

BBQ

Butter

Pickles

Sausage Patty

Mustard

Mayo

Peaches & Cream Parfait

Crispy Chicken Patty Sandwich

Very Berry Juice Box (6oz)

Ham & Turkey Club

Watermelon Applesauce

Spicy Chicken Tenders

Bacon Egg & Cheese Biscuit

Spaghetti w/ Marinara Sauce

Spaghetti w/ Meat Sauce

Jackets Chef Salad w/ croissant

Crispy Chicken Salad

Rainbow Sherbet Cup

Chicken Drumstick

Hash brown Stars

Cinnamon Roll

Lucky Charms Cereal

Cocoa Puffs Cereal

Cinnamon Toast Crunch Cereal

Parmesan Packet

Slushie Cup

Sausage Egg & Cheese Croissant

Syrup

Hot Cakes

Cheeseburger

Green Leaf Lettuce

Tomato Slice

Watermelon (KY Proud)

Mandarin Orange Cup

Breadstick Bites

Ranch Packet

Italian Packet

Hawaiian Ham & Cheese Sammies

Citrus Salad

Pepperoni Personal Pizza

Cheese Personal Pizza

Jelly

Cherry Strudel

Medium Salsa Cup

Hawaiian Parfait

Griddle Sausage Sandwich

Chicken Fajitas

Steak Fajitas

Guacamole

Flame Roasted Peppers & Onions

Roast Beef Cheddar Melt

Grilled Chicken Salad w/ croissant

Chicken Fajita Salad Bowl

Italian Pepperoni Calzone

Spicy Chicken Salad w/ croutons

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-3310
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

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	311.00		
Fat	18.00g		
SaturatedFat	7.70g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	602.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	1.60mg

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

Chicken Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3316

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom. Replace top biscuit.

Hold at 140°F until service.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

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Chocolate Donut



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1/2 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Teaspoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711
SPRINKLES RAINBOW DECOR 25Z GCHC	1 Teaspoon		421620

Preparation Instructions

Thawing: Remove desired amount of donuts and place on half or full sheet pan. Cover with plastic and thaw at room temperature for 30 minutes. (Reseal case and immediately return to freezer)

Warming Donuts: Place the pan of donuts in a 325°F oven to warm the surface and begin to thaw the centers for 2-3 min.

Finishing w Heat N Ice: Place Heat N Ice in microwave & warm to just 110°F (lukewarm). DO NOT OVER HEAT or icing will become thin and sticky and wont dry on the donuts.

Finishing w Heat N Ice: Stir icing before dipping donuts. Immediately drizzle chocolate on donut and sprinkle with sprinkles.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	186.67		
Fat	9.50g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	23.33g		
Fiber	1.00g		
Sugar	10.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.82mg

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

Woodford Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3341
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce	PRE-WASHED & READY TO SERVE	741050
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	PRE-WASHED & READY TO SERVE	165761
CUCUMBER SELECT 24CT MRKN	1 Ounce	RINSE THOROUGHLY.	418439
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170
Shredded Cheddar redu fat/sodium	1/8 Cup		344721

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

USE SALAD DAYS PRODUCE WHEN AVAILABLE.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.19
OtherVeg	0.09
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	122.26
Fat	6.33g
SaturatedFat	3.92g
Trans Fat	0.00g
Cholesterol	18.20mg
Sodium	209.08mg
Carbohydrates	6.40g
Fiber	2.36g
Sugar	3.98g
Protein	9.38g

Vitamin A	291.44IU	Vitamin C	4.90mg
Calcium	264.80mg	Iron	0.48mg

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Ham & Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3347
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Ounce	2.5oz	651470
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce	1 slice	150600
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	2 slices	204822

Preparation Instructions

Assemble sandwich. Slice diagonally.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

Meal Components (SLE)

Amount Per Serving

Meat	2.55
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	315.82
Fat	8.60g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	845.41mg

Carbohydrates	41.10g		
Fiber	4.00g		
Sugar	8.55g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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Turkey & Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3348
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 1/2 Ounce		765991
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011
MUSTARD PKT 1000-1/5Z HNZ	1 Each		302112
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

Preparation Instructions

Assemble sandwich. Slice diagonally.

Offer with choice of daily fruit, vegetable, milk, mustard and mayo.

Store in cooler.

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: 1.00 Each

Amount Per Serving			
Calories		350.17	
Fat		9.75g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		884.13mg	
Carbohydrates		39.75g	
Fiber		4.00g	
Sugar		7.50g	
Protein		22.99g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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Fresh Roasted Veggies



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3350
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grape Tomatoes	1/8 Ounce		749041
SQUASH MED YEL 1-20#AVG P/L	1/8 Cup		364752
ZUCCHINI 1 10 CASTELLINI	1/8		588483
ONION RED 1-25 CHIPOTLE	1/8 Ounce		202700
POTATO A SIZE YUKON GOLD 1-50 MRKN	1/8 Ounce		517322
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CAULIFLOWER 6-4 GFS	1/8 Cup		610882
CARROT BABY WHL PETITE 12-2 GCHC	1/8 Cup		599921
SPICE BLND ORIG 3-21Z MDASH	0/1 Teaspoon		265103
SEASONING ACCENT 2 B&G	0/1 Teaspoon		110442
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	0/1 Teaspoon		651171
PEPPERS RED 5 P/L	1/8 Cup		597082
CARROT BABY PLD RNBW MEX 1-5	1 Ounce		186661
VEGETABLE MIX FAJITA CUT 10 RSS	1 Ounce		605565

Preparation Instructions

Choose 3 different colored vegetables.

Slice if necessary. Spray sheet tray with non stick spray. Assemble vegetables on tray in a single layer.

Spray with butter spray and season with accent and Ms. Dash

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.76		
Fat	0.21g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	98.49mg		
Carbohydrates	14.83g		
Fiber	4.83g		
Sugar	6.97g		
Protein	2.56g		
Vitamin A	5398.98IU	Vitamin C	44.80mg
Calcium	54.20mg	Iron	0.92mg

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Hamburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3371
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each	Lay Patties on a parchment-lined sheet tray. Season with Salt and Pepper.	548062
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

PREHEAT THE OVEN TO 350 DEGREES F AND BAKE FOR 15-35 MINUTES, DEPENDING ON THE OVEN. ALWAYS HEAT PRODUCT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Place in pan and cover until service. Store in warmer at 140-160* F.

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		312.00	
Fat		13.50g	
SaturatedFat		5.00g	
Trans Fat		1.00g	
Cholesterol		54.00mg	
Sodium		233.00mg	
Carbohydrates		25.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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Bacon Egg & Cheese Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3686
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Cup	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
CHEESE SLCD BLND 6-5 COMM	1/2 Cup		150600
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Cup		230264
BACON CKD THN SLCD 3-100CT GFS	1/2 Cup		874124

Preparation Instructions

Assemble sandwich: bottom of bagel, egg patty, 2 slices of bacon cut in half, 1/2 slice of cheese, top of bagel.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 1.00 Serving

Amount Per Serving

Calories	236.67		
Fat	7.95g		
SaturatedFat	2.85g		
Trans Fat	0.01g		
Cholesterol	84.17mg		
Sodium	451.77mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	12.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.83mg

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

Bacon Egg & Cheese Croissant



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3688
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600
BACON CKD THN SLCD 3- 100CT GFS	1/2 Slice		874124
EGG SCRMBD PTY RND CKD 25# USDA	1 Each		497241

Preparation Instructions

Assemble sandwich bottom of croissant, egg patty, 2 slices of bacon cut in 1/2, 1/2 slice cheese, top of croissant. Wrap in foil if using for second chance or Cover and store in warmer at 140- 160 * F

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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 Serving

Amount Per Serving			
Calories		341.67	
Fat		17.45g	
SaturatedFat		6.35g	
Trans Fat		0.01g	
Cholesterol		139.17mg	
Sodium		541.77mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		11.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.53mg

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

Spicy Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3703
School:	SIMMON'S ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	THAW AND SERVE	763233
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

ASSEMBLE SANDWICH

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 Serving

Amount Per Serving

Calories	410.00
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	630.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 95.00mg	Iron 4.00mg

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

BLT Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	10.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4974
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	4 grape tomatoes each salad	129631
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce	1 full cup	165761
BACON TOPPING 1 DCD 10 HRML	1/4 Ounce		827002
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170
Shredded Cheddar redu fat/sodium	1/8 Cup		344721

Preparation Instructions

Assemble salad in bowl.

Chill until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

Amount Per Serving			
Calories		174.87	
Fat		8.54g	
SaturatedFat		4.91g	
Trans Fat		0.00g	
Cholesterol		30.70mg	
Sodium		348.37mg	
Carbohydrates		6.66g	
Fiber		4.99g	
Sugar		5.88g	
Protein		15.21g	
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	312.15mg	Iron	1.76mg

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

Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5715
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	<p>BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.</p> <p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.</p>	740820

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.01
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 Each

Amount Per Serving			
Calories		285.00	
Fat		13.50g	
SaturatedFat		2.25g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		465.00mg	
Carbohydrates		16.50g	
Fiber		1.50g	
Sugar		0.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	1.50mg

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

Mashed Potatoes



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5716
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SUPRM 6-4 LMBSUPR	1/2 Cup		673501

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

Frozen = Use by expiration date

Basic Preparation

BOILING: PLACE FROZEN BAG IN POT OF BOILING WATER FOR APPROXIMATELY 20 MINUTES. HEAT CONTENTS TO 160 DEGREES F TO 170 DEGREES F. MICROWAVE: DEFROST 1 LB FOR 7 MINUTES (UNTIL NO FROZEN CHUNKS). KNEAD CONTENTS SMOOTH, UNTIL 1" THICK. MICROWAVE ON HIGH FOR APPROXIMATELY 7 MINUTES (UNTIL 160 TO 170 DEGREES F).

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 4.00 Serving

Amount Per Serving

Calories	83.33
Fat	1.52g
SaturatedFat	0.76g
Trans Fat	0.00g
Cholesterol	3.79mg
Sodium	378.79mg
Carbohydrates	15.91g
Fiber	1.52g
Sugar	0.00g
Protein	1.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.18mg	Iron	0.27mg

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

Orange Wedge



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 whole	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5725
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	1 1 whole	Wash oranges, remove stickers	198005

Preparation Instructions

Wash Oranges.

Cut into Wedges with a knife or fruit wedger

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 whole

Amount Per Serving	
Calories	80.90
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.70mg
Carbohydrates	21.00g
Fiber	3.60g
Sugar	14.00g

Protein	1.50g
Vitamin A 407.55IU	Vitamin C 97.52mg
Calcium 70.95mg	Iron 0.21mg

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

Sister Schubert's Yeast Roll



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6376
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each	Thawing Instructions PREPARE FROM FROZEN STATE Shelf Life FROZEN = USE BY EXPIRATION DATE Basic Preparation WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Bake until warm 140°F
Spray with butter spray.
Hold in warmer until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
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: 1.00 Each

Amount Per Serving			
Calories		140.00	
Fat		4.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

Strawberry Pop Tarts



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6403
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.	123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		354.00	
Fat		5.50g	
SaturatedFat		1.80g	
Trans Fat		0.10g	
Cholesterol		0.00mg	
Sodium		371.00mg	
Carbohydrates		76.00g	
Fiber		5.60g	
Sugar		30.00g	
Protein		4.20g	
Vitamin A	220.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Cinnamon Pop Tarts



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6408
School:	WOODFORD COUNTY HIGH		

Ingredients

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

Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		371.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		397.00mg	
Carbohydrates		76.00g	
Fiber		5.60g	
Sugar		31.00g	
Protein		4.80g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Fudge Pop Tarts



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6410
School:	WOODFORD COUNTY HIGH		

Ingredients

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

Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		370.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		390.00mg	
Carbohydrates		76.00g	
Fiber		6.00g	
Sugar		30.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Blueberry Pop Tarts



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6412
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		363.00	
Fat		5.50g	
SaturatedFat		1.80g	
Trans Fat		0.10g	
Cholesterol		0.00mg	
Sodium		360.00mg	
Carbohydrates		76.00g	
Fiber		5.60g	
Sugar		30.00g	
Protein		4.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Salisbury Steak with brown gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6414
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 114-3Z ADV	1 Each	Conventional oven: preheat oven to 375degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES.	552050

Preparation Instructions

Store salisbury steak and gravy in warmer at 140*-160*F covered until service.

Keep liquid in pan with salisbury steak to prevent drying out.

2oz serving of gravy.

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 Each

Amount Per Serving			
Calories	225.00		
Fat	14.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	9.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.90mg

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

Toast



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6424
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Lay parchment on sheet tray. Arrange bread in single layer on paper.

Spray with butter spray.

Bake at 325-350 for 5-8 min.

Bread should be lightly toasted.

Serve with grape jelly

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 Slice

Amount Per Serving			
Calories		100.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		115.00mg	
Carbohydrates		18.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Apple Slices



Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6436
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

ORDER # 482194 when 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: 3.00 Each

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g

Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

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

Crispy French Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6440
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fries	3 Ounce		5621005307

Preparation Instructions

Bake in Convection oven at 400°F for 10 minutes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	0.00g

Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	0.60mg

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

Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6504
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	60 Cup		120490
SALT SEA 36Z TRDE	1 Tablespoon		748590
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810

Preparation Instructions

PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN.

STEAM UNCOVERED AT FOR 9 TO 10 MINUTES.

DRAIN. SPRINKLE AND STIR 1TBSP SALT & a 4oz package of Butter Buds OVER EACH 120 SERVINGS OF VEGETABLES

Meal Components (SLE)

Amount Per Serving

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

Starch

0.50

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		67.47	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		16.13g	
Fiber		2.00g	
Sugar		3.00g	
Protein		2.00g	
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

Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6519
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	4 Ounce	READY_TO_EAT Ready to Eat	216300

Preparation Instructions

Ready to EAT

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 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	14.00g
Protein	1.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Banana



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6520
School:	WOODFORD COUNTY HIGH		

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

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

Crinkle Cut Carrot Sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6524
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	4 Ounce		781606

Preparation Instructions

Portion into 4 oz cups

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	44.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	19022.22IU	Vitamin C	6.93mg

Calcium 37.33mg **Iron** 0.32mg

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

Celery Sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6530
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED 10 RSS	1/2 Cup		478318

Preparation Instructions

Trim tips and root of celery.

Cut into 2 inch sticks.

5-6 sticks per serving.

Be mindful of waste while trimming.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	8.70
Fat	0.10g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.60mg
Carbohydrates	2.00g

Fiber	1.00g		
Sugar	1.00g		
Protein	0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

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

Mexican Rice



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6535
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup	Basic Preparation COMBINE RICE,WATER,BUTTER OR MARGARINE & SALT,STIR WELL. BRINGTO VIGOROUS BOIL. REMOVE FROM HEAT,COVER & LET STAND 12 MIN, UNTIL MOST OF LIQUID IS ABSORBED. FLUFF & SERVE. NO MSG ADDED	473006

Preparation Instructions

OVEN METHOD: COMBINE (7 CUPS) BOILING WATER, , 26 oz. package RICE, AND CONTENTS OF SEASONING PACKET IN A LARGE SHALLOW BAKING PAN. COVER TIGHTLY AND BAKE IN A 350 DEGREE F OVEN UNTIL MOST OF THE LIQUID IS ABSORBED, APPROXIMATELY 30 MINUTES IN A CONVENTIONAL OVEN OR 25 MINUTES IN A CONVECTION OVEN. STIR TO DISTRIBUTE SEASONINGS AND KEEP WARM (140-160 DEGREES F) UNTIL SERVING.

Yield: (24) 1/2 cup servings per prepared box

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 Cup

Amount Per Serving

Calories	96.85
Fat	0.40g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	409.05mg
Carbohydrates	21.50g
Fiber	0.50g
Sugar	1.00g
Protein	2.35g

Vitamin A	339.98IU	Vitamin C	9.06mg
Calcium	17.90mg	Iron	1.85mg

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

Corn & Black Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6593
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760

Preparation Instructions

STEAMER: ARRANGE BLEND IN A HALF SIZE STEAMTABLE PAN. STEAM FOR 15 MINUTES.

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	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	113.64		
Fat	2.84g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.09mg		
Carbohydrates	18.18g		
Fiber	4.55g		
Sugar	5.68g		
Protein	4.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.14mg

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

Curly Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6597
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	3 Ounce	<p>BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY.</p> <p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	717490

Preparation Instructions

Do not cover in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Each

Amount Per Serving

Calories	125.58		
Fat	4.88g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	293.02mg		
Carbohydrates	20.93g		
Fiber	1.40g		
Sugar	0.00g		
Protein	1.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.95mg	Iron	0.28mg

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

Cheetos Puffs



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6813
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	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.	537871

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	13.00g
Fiber	0.00g
Sugar	0.00g
Protein	2.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

Doritos



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6814
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	<p>READY_TO_EAT</p> <p>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.</p>	456090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving			
Calories		130.00	
Fat		5.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		200.00mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.30mg

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

Tiger Chef Salad w/ muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	1/4 Cup	Wash Thoroughly, Slice into Coins	626742
Grape Tomatoes	1/4 Cup	Wash Thoroughly	749041
HAM FZ W/A 4-10 COMM	1 Ounce	Slice into strips	110600
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup		165761
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	READY TO EAT	741050
TURKEY RST 4-10 COMM	1 Ounce		110560
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/2 Ounce		448010
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Arrange all items in a to-go container.
Keep refrigerated under 41°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		468.97	
Fat		16.76g	
SaturatedFat		6.31g	
Trans Fat		0.10g	
Cholesterol		57.93mg	
Sodium		694.56mg	
Carbohydrates		47.93g	
Fiber		12.19g	
Sugar		28.68g	
Protein		28.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	275.85mg	Iron	4.11mg

*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 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11898
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	0/1 Cup		110601
BACON TOPPING 1 DCD 10 HRML	1/4 Ounce		827002
BEAN GREEN ITAL 6-10	1/2 Cup		132010

Preparation Instructions

- 1 can of green beans
- 2 oz chicken broth
- 2 oz bacon bits
- 1 Tbsp Ms. Dash

Equals (25) .5 cup serving of other vegetable
 Rinse top of green bean can before opening. Do not drain liquid. Put in 2 in pan.
 Add chicken base to juice to liquid to create a cooking broth.
 Mix in Ms Dash. Top with bacon bits.
 Cook covered in oven at 350°F for 30 minutes
 Store in warmer at 140-160° F until service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	55.45		
Fat	2.27g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	320.70mg		
Carbohydrates	6.06g		
Fiber	2.00g		
Sugar	3.03g		
Protein	3.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	0.00mg

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

Apple Juice Box (6oz)



Servings:	1.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13831
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each	Chill prior to service.	698332

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 6.75 Ounce

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	23.00g
Fiber	0.00g
Sugar	21.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.00mg

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

Fruit Punch Juice Box (6oz)



Servings:	1.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13832
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each	Chill prior to service.	698340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 6.75 Ounce

Amount Per Serving

Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	23.00g
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

Orange Juice Box (6oz)



Servings:	1.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13833
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.75

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 6.75 Ounce

Amount Per Serving

Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	24.00g
Fiber	0.00g
Sugar	22.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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Strawberry Applesauce

Apple Sauce Strawberry, Unsweetened
MFG #ASA10014



- 96 / 4.5oz case pack
- Shelf stable in dry storage
- UPC 8 82266 10066 9
- Minimum 32 cases/pallet

Nutrition Facts	
1 servings per container	
Serving size 4.5 ounces (128g)	
Amount per serving	
Calories 50	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	8%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 94mg	2%

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: APPLES, WATER, NATURAL FLAVOR, FRUIT AND VEGETABLE JUICE FOR COLOR, ASCORBIC ACID (VITAMIN C).

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14133
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

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 Cup

Amount Per Serving

Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g

Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mild Salsa Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14172
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA MILD THICK & CHNKY 4-138Z PACE	3 Tablespoon		704504

Preparation Instructions

Ready to use.

Portion into 4oz souffle cups

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	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	4.50g		
Fiber	1.50g		
Sugar	3.00g		
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

Sour cream



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14174
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY TO USE	853190

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	25.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	4.00g

Fiber	0.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Ranch Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14182
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT CUP 160-1Z HVALL	1 Package	READY_TO_EAT Ready to use.	649670

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		60.00	
Fat		3.50g	
SaturatedFat		0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		370.00mg	
Carbohydrates		7.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.04mg	Iron	0.03mg

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

Caramel Dip



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14185
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARAMEL DIP L/F CUP 200-1Z LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	450430

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	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	18.00g
Fiber	0.00g
Sugar	15.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.00mg	Iron 0.00mg

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

Marinara Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14186
School:	HUNTERTOWN ELEMENTARY		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Cheesy Bacon Eggs



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14202
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 Ounce	Thaw under refrigeration or heat from frozen	533034

Preparation Instructions

Bake - Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil.

Begin cook process, stirring product every 10 minutes.

CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes

CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Store in warmer until service at *140-160°F

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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 120.00

Fat 0.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 170.00mg

Sodium 280.00mg

Carbohydrates 1.00g

Fiber 0.00g

Sugar 1.00g

Protein 8.00g

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

Ketchup Dip



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14207
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP DIP & SQZ 500-27GM HEINZ	1 Each		114541

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		35.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		290.00mg	
Carbohydrates		8.00g	
Fiber		0.00g	
Sugar		7.00g	
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

Honey Mustard



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14209
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HNY MSTRD CUP 120-1Z MARZ	1 Ounce		485131

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	45.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	10.00g

Fiber	0.00g		
Sugar	9.00g		
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

BBQ



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14210
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP 100-1.5Z SWTBRAY	1 Each		816951

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	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	340.00mg
Carbohydrates	21.00g

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

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

Butter



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14233
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

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		25.00	
Fat		3.00g	
SaturatedFat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		30.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Pickles



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14240
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	1 Ounce		557846

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: 3.00 Slice

Amount Per Serving

Calories	4.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	1.00g

Fiber	0.00g		
Sugar	0.00g		
Protein	0.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.17mg

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

Sausage Patty



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14249
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each	PLACE PATTIES ON SHEET PAN AND HEAT IN OVEN AT 350 DEGREES F FOR APPROX 7-8 MINUTES	785880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	121.00
Fat	10.00g
SaturatedFat	3.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	172.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	6.00g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

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

Mustard



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14256
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908

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	60.00mg
Carbohydrates	0.00g

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

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

Mayo



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14257
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

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	35.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	80.00mg
Carbohydrates	1.00g

Fiber	0.00g		
Sugar	1.00g		
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

Peaches & Cream Parfait



Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14281
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
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
PEACH CUP 96-4.4Z COMM	1 Each		232470

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Layer peaches, yogurt, top with whipped top and serve with granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 8.00 Serving

Amount Per Serving			
Calories	312.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	145.00mg		
Carbohydrates	57.00g		
Fiber	3.00g		
Sugar	39.50g		
Protein	9.00g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	175.00mg	Iron	0.72mg

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

Crispy Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14346
School:	HUNTERTOWN ELEMENTARY		

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

Basic Preparation

Assemble sandwich prior to 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 Serving

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

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

Very Berry Juice Box (6oz)



Servings:	1.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14425
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 6.75 Ounce

Amount Per Serving

Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	24.00g
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

Ham & Turkey Club



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14438
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	1 1/2 Ounce	THAW UNDER REFRIGERATION	110600
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	NO PREP	150260
MUSTARD PKT 1000-1/5Z HNZ	1 Each	NO PREP	302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each	NO PREP	131011
TURKEY RST 4-10 COMM	1 1/2 Ounce		110560
BACON CKD THN SLCD 3- 100CT GFS	1 Slice		874124
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Description	Measurement	Prep Instructions	DistPart #
Green Leaf Lettuce, Tomato	1 Serving	1 slice of green leaf lettuce, washed, drained and cut. 1 slice of tomato. 3 pickles equals one serving. This is an extra and does not count toward the vegetable component	R-6365

Preparation Instructions

Assemble sandwich. Bottom of the bun, ham, turkey, cheese, bacon, top with the top of bun. Slice on a diagonal.

Offer with lettuce and tomato slice.

Store in cooler.

Serve with daily fruits, vegetables, milk choices, mustard, and mayo.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.26
RedVeg	0.26
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	392.17		
Fat	17.26g		
SaturatedFat	5.54g		
Trans Fat	0.01g		
Cholesterol	61.03mg		
Sodium	1126.85mg		
Carbohydrates	37.29g		
Fiber	5.20g		
Sugar	11.75g		
Protein	26.18g		
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	139.74mg	Iron	1.83mg

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

Watermelon Applesauce

Apple Sauce Watermelon, Sweetened
MFG #ASA10018



- 96 / 4.5oz case pack
- Shelf stable in dry storage
- UPC 8 82266 10073 7
- Minimum 32 cases/pallet

Nutrition Facts	
1 servings per container	
Serving size	4.5 ounces (128g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	22g 8%
Dietary Fiber	2g 7%
Total Sugars	19g 14%
Includes 7g of Added Sugars	
Protein	0g
Vitamin D	0mcg 0%
Calcium	4mg 0%
Iron	0mg 0%
Potassium	96mg 2%

INGREDIENTS: APPLES, SUGAR, WATER, NATURAL FLAVOR, FRUIT AND VEGETABLE JUICE FOR COLOR, ASCORBIC ACID (VITAMIN C).

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14450
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z P/L	1 Each		764341

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 Cup

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	0.00g
Fiber	2.00g

Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	100.00mg
Calcium	0.00mg	Iron	0.00mg

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

Spicy Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14460
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	3 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.	281731

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.

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: 3.00 Each

Amount Per Serving			
Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

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

Bacon Egg & Cheese Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14504
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Ounce	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
CHEESE SLCD BLND 6-5 COMM	1/2 Slice		150600
BACON CKD THN SLCD 3-100CT GFS	1/4 Ounce		874124

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, 2 slices bacon, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 1.00 Each

Amount Per Serving

Calories	280.83
Fat	14.48g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	680.88mg
Carbohydrates	27.00g
Fiber	1.00g
Sugar	2.50g
Protein	10.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	Iron 1.62mg

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

Spaghetti w/ Marinara Sauce



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14507
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.	835910

Preparation Instructions

Warm sauce in pouch in steamer.

Warm noodles in kettle.

1 cup of pasta; 4oz marinara sauce

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	330.00		
Fat	7.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	535.00mg		
Carbohydrates	56.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.18mg

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

Spaghetti w/ Meat Sauce



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14508
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
BEEF GRND 40 COMM	2 Ounce	Thaw beef 2-3 days prior to serving.	110520
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.	835910

Preparation Instructions

Cook 10 lbs. of beef until 165°F. for a yield of 7 lbs of edible cooked beef.

Crumble beef and mix with 4 bags of pasta sauce. Hold at 140*- 160* F.

1 cup of pasta; 4oz meat sauce

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
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	452.39		
Fat	16.46g		
SaturatedFat	4.49g		
Trans Fat	1.49g		
Cholesterol	38.81mg		
Sodium	572.31mg		
Carbohydrates	56.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	20.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.18mg

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

Jackets Chef Salad w/ croissant



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14509
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	1/4 Cup	WASH THOROUGHLY. SLICE INTO COINS	626742
Grape Tomatoes	1/4 Cup		749041
HAM FZ W/A 4-10 COMM	1 Ounce	SLICE INTO STRIPS	110600
TURKEY BRST DELI 8-5# COMM	1 Ounce	SLICE INTO STRIPS	765991
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY TO EAT	150250
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	READY TO EAT	165761
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1/4 Ounce	READY TO EAT	741050
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<p>BAKE CONVECTION OVEN:</p> <ol style="list-style-type: none"> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <p>READY_TO_EAT THAWING DIRECTIONS:</p> <ol style="list-style-type: none"> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight. 	172172

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Arrange all items in a to-go container.

Keep refrigerated under 41°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	517.10		
Fat	22.49g		
SaturatedFat	11.65g		
Trans Fat	0.00g		
Cholesterol	57.80mg		
Sodium	881.58mg		
Carbohydrates	42.46g		
Fiber	11.63g		
Sugar	15.35g		
Protein	34.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	478.52mg	Iron	4.89mg

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

Crispy Chicken Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14751
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	4 Slice	WASH THOROUGHLY. SLICE INTO COINS	626742
Grape Tomatoes	5 Each	WASH THOROUGHLY.	749041
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	NO PREP.	150250
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. Cut into bite size pieces.	740820
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	NO PREP	661022
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	READY TO EAT	165761
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Arrange ingredients in to-go container.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	598.62
Fat	24.90g
SaturatedFat	7.59g
Trans Fat	0.04g
Cholesterol	83.40mg
Sodium	957.80mg
Carbohydrates	45.45g
Fiber	12.71g
Sugar	12.18g
Protein	44.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 395.77mg	Iron 5.97mg

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

Rainbow Sherbet Cup



Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19287
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP RAINBOW 48-4FLZ BLBNY	1 Cup		356161

Preparation Instructions

NO PREP

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	0.00mg
Sodium	20.00mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	20.00g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	40.00mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Drumstick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21922

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

Preparation:

Appliances vary, adjust accordingly.

HEAT fully cooked drumsticks to an internal temperature of 140 -145°F.

Convection Oven

Preheat oven to 350°F. Place frozen drumsticks on a foil-lined baking sheet and bake uncovered for 19-23 minutes.

Hold in warmer until service.

1 drumstick per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
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	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

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

Hash brown Stars



Servings:	1.00	Category:	Vegetable
Serving Size:	2.25 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	2 1/4 Ounce		233101

Preparation Instructions

OVEN RECONSTITUTION CONVECTION : BAKE 1 LB. AT 400 DEGREES F. FOR 10 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.25 Ounce

Amount Per Serving

Calories	133.93		
Fat	7.14g		
SaturatedFat	0.89g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	15.18g		
Fiber	1.79g		
Sugar	0.00g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.04mg	Iron	0.54mg

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

Cinnamon Roll



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25764
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CINN WGRAIN IW 144-2.7Z	1 Each		505333

Preparation Instructions

No Prep Necessary

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 40.00mg **Iron** 1.70mg

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

Lucky Charms Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25766
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms 2 oz	1 Container		105840

Preparation Instructions

No Prep

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	20.00g		
Protein	4.00g		
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

Cocoa Puffs Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25770
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cocoa Puffs 2 oz	1 Container		105850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	47.00g		
Fiber	3.00g		
Sugar	15.00g		
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

Cinnamon Toast Crunch Cereal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25771
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Toast Crunch 2 oz	1 container		105931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	5.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Sugar	11.00g		
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

Parmesan Packet



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25823
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM PKT 200-3.5GM GCHC	1 Each	No Prep	254959

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	15.00
Fat	1.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	55.00mg
Carbohydrates	0.00g

Fiber	0.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Slushie Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25828
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

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	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Sausage Egg & Cheese Croissant



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28397
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	497241
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	Thaw under refrigeration	172172

Preparation Instructions

Prepare ingredients based on prep instructions. Assemble sandwich: bottom of croissant, egg patty, sausage, cheese slice, top of croissant. Wrap in foil 142492 or wrap parchment covered sheet pan with plastic wrap to prevent drying.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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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	466.00
Fat	28.50g
SaturatedFat	10.70g
Trans Fat	0.00g
Cholesterol	168.50mg
Sodium	667.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.50g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	1.50mg

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

Syrup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29720
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK BKFST NAT 100-1Z SMUCK	1 Each		345352

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	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	21.00g

Fiber	0.00g		
Sugar	21.00g		
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

Hot Cakes



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29721
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together.	156101

Preparation Instructions

THE DAY OF SERVING: REMOVE PRODUCT FROM REFRIGERATOR OR COOLER. HEAT IN A WARMER OR CONVECTION OVEN AT 175 DEGREES FOR 5 MINUTES.

Store in warmer at 140* until service

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: 2.00 Each

Amount Per Serving

Calories	160.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	30.00g

Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.40mg

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

Cheeseburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29725
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each	Lay Patties on a parchment-lined sheet tray. Season with Salt and Pepper.	548062
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

PREHEAT THE OVEN TO 350 DEGREES F AND BAKE FOR 15-35 MINUTES, DEPENDING ON THE OVEN.
ALWAYS HEAT PRODUCT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Place in pan and cover until service. Store in warmer at 140-160* F.

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 Serving

Amount Per Serving

Calories	367.00
Fat	18.00g
SaturatedFat	7.50g
Trans Fat	1.00g
Cholesterol	66.50mg
Sodium	368.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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

Green Leaf Lettuce



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29726
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 24CT MRKN	2 Ounce		284998

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34"-36"F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS, AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.

1 large leaf lettuce slice per serving

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	7.87		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.75mg		
Carbohydrates	1.57g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.47mg	Iron	0.57mg

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

Tomato Slice



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29727
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4 5 RSS	1/4 Cup	Ready to Eat	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	0.25
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	8.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	1.75g		
Fiber	0.55g		
Sugar	1.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg

Calcium	4.50mg	Iron	0.12mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Watermelon (KY Proud)



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29728
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON PERSONAL 6-9CT	1/2 Cup		150841

Preparation Instructions

Wash watermelon.

Cut into large slices or dice into cubes.

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 Slice

Amount Per Serving	
Calories	22.80
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.75mg
Carbohydrates	5.50g
Fiber	0.30g
Sugar	4.50g
Protein	0.45g

Vitamin A	432.44IU	Vitamin C	6.16mg
Calcium	5.32mg	Iron	0.18mg

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

Mandarin Orange Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29729
School:	HUNTERTOWN ELEMENTARY		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
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	5.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Breadstick Bites



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29732
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE PIZZA CHS WGRAIN 240-1Z	3 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933

Preparation Instructions

Basic Preparation

350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional.

Cook until golden brown and cheese is melted.

May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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 Each

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	405.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	6.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	6.00mg

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

Ranch Packet



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29733
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	1 Each		483621

Preparation Instructions

Ready to Use

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	60.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	9.00g

Fiber	1.00g		
Sugar	3.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Italian Packet



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29734
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL LT PKT 60-1.5Z MARZ	1 Each		456152

Preparation Instructions

Ready to Use

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	15.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	720.00mg
Carbohydrates	2.00g

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

Hawaiian Ham & Cheese Sammies



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29735
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	3 Ounce		110600
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	1 slice per slider	150260
ROLL DNNR HI SLC 1.25Z 10-12CT	2 Each		516081

Preparation Instructions

Divide 3 ounces of ham between the 2 buns.

Top with cheese slice and top bun.

Place in to-go container #656652

Refrigerate until service at >40°F

Meal Components (SLE)

Amount Per Serving

Meat	3.50
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	202.50
Fat	14.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1030.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.00mg	Iron 0.00mg

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

Citrus Salad



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29737
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL CITRUS PRSRV FR 14 RSS	1/2 Cup		486251

Preparation Instructions

PACKAGING: 14LB. PLASTIC PAIL IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 32 -36 F. PREPARATION: OPEN, DRAIN AND SERVE.

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 Cup

Amount Per Serving			
Calories		60.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		16.00g	
Fiber		4.00g	
Sugar		13.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.00mg

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

Pepperoni Personal Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29747

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4RND WGRAIN 72-4.51Z TONY	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504622

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 300 DAYS

Basic Preparation

PREHEAT OVEN. CONVECTION OVEN: 350 DEGREES F FOR 18-21 MINUTES. CONVENTIONAL OVEN: 400 DEGREES F FOR 24-26 MINUTES. ROTATE PANS ONE HALF TURN TO PREVENT CHEESE FROM BURNING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		290.00	
Fat		13.00g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		490.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		5.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	2.00mg

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

Cheese Personal Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	1 Each		504610

Preparation Instructions

Basic Preparation

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 350 F* FOR 10 TO 12 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 *F. CONVENTIONAL OVEN: BAKE AT 400*F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165* F.

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

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

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

Jelly



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29778
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 200-.5Z GCHC	1 Each		503233

Preparation Instructions

No Prep

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	35.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	9.00g

Fiber	0.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.00mg

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

Cherry Strudel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29939
School:	Woodford Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

Preparation Instructions

BAKE

Heat & Serve.

Heat frozen Frudel in the ovenable pouch by placing flat on baking sheets.

Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes.

Warming Cabinet: 150°F for 1hour 30 minutes

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	11.00g
Protein	4.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Medium Salsa Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30073
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSAS TO GO 30-3.8Z TOSTITOS	1 Each	<p>READY_TO_EAT</p> <p>Use code date on cup to rotate product so the oldest product is consumed first. Place directly on plate for serving, include in box lunch or display on grab and go rack for consumer sale. Contact PepsiCo Foodservice for display options</p>	843385

Preparation Instructions

Ready to use.

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		35.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		810.00mg	
Carbohydrates		7.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Hawaiian Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30080
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	2 Ounce	READY_TO_EAT Ready to Eat	216300
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
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
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442
ORANGES MAND IN JCE 36-4Z DOLE	2 Ounce	READY_TO_EAT Ready to Eat	878920

Preparation Instructions

Layer- 2oz pineapple, 1/2 cup yogurt, 2oz mandarin oranges.

Top with whipped topping.

Serve with granola.

Chill until service

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	307.50
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	147.50mg
Carbohydrates	56.50g
Fiber	3.00g
Sugar	39.50g
Protein	8.50g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 195.00mg	Iron 0.90mg

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

Griddle Sausage Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30107
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together.	156101
SAUSAGE PTY STHR 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

Preparation Instructions

Wrap in # 142492 pancake, sausage and pancake for 2nd chance breakfast.

Store in warmer at 140* until service

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: 2.00 Each

Amount Per Serving

Calories	281.00
Fat	13.00g
SaturatedFat	3.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	392.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	10.00g
Protein	10.00g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	1.40mg

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

Chicken Fajitas



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30326
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 Ounce		903490
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320

Preparation Instructions

CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM, FROZEN.

Cook to an internal temperature of 165 degrees F.

Serve 2oz chicken with Per Shell. 2 fajitas per student

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 2.00 Ounce

Amount Per Serving	
Calories	166.64
Fat	4.02g
SaturatedFat	1.40g
Trans Fat	0.00g
Cholesterol	52.63mg
Sodium	702.51mg
Carbohydrates	16.43g

Fiber	0.00g		
Sugar	1.00g		
Protein	15.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.58mg

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

Steak Fajitas



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30328
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
BEEF FAJITA STRIP CKD 4-3 GCHC	2 Ounce	<p>GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes or until internal temperature reaches 165 degreesf, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Place strips in a deep pan. Add 1-2 ounces of water per pound of meat to the pan. Cover the pan with foil. Heat for 25-30 minutes or until internal temperature reaches 165 degrees f or greater. Convection oven: preheat oven to 350 degrees f. Place strips in a deep pan. Add 1-2 ounces of water per pound of meat to the pan. Cover the pan with foil. Heat for 15-20 minutes or until internal temperature reaches 165 degrees f or greater. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.</p>	100682

Preparation Instructions

Convection oven: preheat oven to 350 degrees f.

Place strips in a deep pan.

Add 1-2 ounces of water per pound of meat to the pan.

Cover the pan with foil. Heat for 15-20 minutes or until internal temperature reaches 165 degrees or greater.

Serve 2oz steak with Per Shell. 2 fajitas per student

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 2.00 Ounce

Amount Per Serving

Calories	173.33		
Fat	5.33g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	713.33mg		
Carbohydrates	14.67g		
Fiber	0.00g		
Sugar	1.00g		
Protein	15.33g		
Vitamin A	66.67IU	Vitamin C	0.00mg
Calcium	35.33mg	Iron	2.20mg

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

Guacamole



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30329
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE WSTRN STYL 12-1 SIMPL	3 Ounce		414931

Preparation Instructions

READY_TO_EAT

For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F)

Opened Bag: Keep surface covered to prevent browning.

Use refrigerated pulp within 7 days. Once thawed, do not refreeze.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	75.00		
Fat	7.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	3.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

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Flame Roasted Peppers & Onions



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30330
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	3 Ounce		847208

Preparation Instructions

Arrange peppers and onions in a single layer on a parchment-lined sheet tray.

Heat to 140* or higher.

Serve with fajitas.

You can mix with meat or serve seperately

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		180.00	
Fat		4.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		600.00mg	
Carbohydrates		32.00g	
Fiber		8.00g	
Sugar		20.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.60mg

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Roast Beef Cheddar Melt



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30333
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN ONION SLCD 4.5 8-12CT GCHC	1 Each		793420
BEEF RST SLCD 1/2Z 6-2 HRML	6 Slice		461152
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

Heat Roast Beef in pan in oven at 350* for 10 minutes to 140°F.

Serve 6 slices stacked on onion roll.

Serve with warm cheese cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	445.00
Fat	15.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1480.00mg
Carbohydrates	47.00g
Fiber	2.00g
Sugar	14.00g
Protein	28.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	412.00mg	Iron	3.62mg

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Grilled Chicken Salad w/ croissant



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30334
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	2 Ounce	Wash Thoroughly. Slice into coins	626742
Grape Tomatoes	2 Ounce	Wash Thoroughly.	749041
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	RTE	741050
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	RTE	165761
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/2 Ounce		448010
CHIX BRST FLLT GRLLD 30# COMM	1 Each	Thaw under refrigeration or Bake.	491946
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Dice chicken into strips.

Arrange the salad in a to-go container.

Chill until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	2.00
RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	510.64		
Fat	16.62g		
SaturatedFat	6.82g		
Trans Fat	0.00g		
Cholesterol	87.80mg		
Sodium	708.60mg		
Carbohydrates	44.27g		
Fiber	13.19g		
Sugar	16.85g		
Protein	42.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	295.85mg	Iron	4.89mg

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Chicken Fajita Salad Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY TO EAT	150250
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	READY TO EAT	165761
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 Ounce		903490
GUACAMOLE WSTRN STYL 12- 1 SIMPL	2 Ounce	READY_TO_EAT For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F). Opened Bag: Keep surface covered to prevent browning. Use refrigerated pulp within 7 days. Once thawed, do not refreeze.	414931

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
PEPPERS & ONION FLME RSTD 6-2.5	1/4 Cup		847208
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	<p>READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED</p>	662512
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Arrange all items in a to-go container.

Keep refrigerated under 41°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	2.00
RedVeg	1.00
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	587.64		
Fat	23.10g		
SaturatedFat	7.53g		
Trans Fat	0.00g		
Cholesterol	76.03mg		
Sodium	1127.94mg		
Carbohydrates	52.61g		
Fiber	16.59g		
Sugar	13.49g		
Protein	36.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 407.33mg **Iron** 5.38mg

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Italian Pepperoni Calzone



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30365
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each	Thawing Instructions PRODUCT MUST BE SLACKED AND THAWED PRIOR TO COOKING. TAKING THE PRODUCT OUT OF THE FREEZER THE NIGHT BEFORE AND THEN SLACKING IT OFF PRIOR TO COOKING IS THE BEST METHOD.	135191

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES.

COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE.

THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

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: 1.00 Each

Amount Per Serving			
Calories		280.00	
Fat		11.00g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		590.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

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Spicy Chicken Salad w/ croutons



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30371
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	2 Ounce	Wash Thoroughly. Slice into coins	626742
Grape Tomatoes	2 Ounce	Wash Thoroughly.	749041
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	RTE	741050
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	RTE	165761
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/2 Ounce		448010
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 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.	281731
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Allow chicken to cool after baking.

Dice chicken into strips.

Arrange the salad in a to-go container.

Chill until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	583.64
Fat	24.72g
SaturatedFat	6.72g
Trans Fat	0.04g
Cholesterol	42.80mg
Sodium	929.00mg
Carbohydrates	51.27g
Fiber	15.99g
Sugar	15.85g
Protein	36.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 331.95mg	Iron 6.47mg

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