

# **Cookbook for WOODFORD COUNTY HIGH**

**Created by HPS Menu Planner**

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**Mandarin Orange Chicken**

**Spicy Asian Beef**

**Chicken Slider**

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**Onion Rings**

**Bacon Pizza**

**Grilled Chicken Patty Sandwich**

**Ham Sub Sandwich**

**Turkey Sub Sandwich**

**Chicken Sub Sandwich**

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**Baked Beans**

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**Little Caesars Cheese Pizza**

**Chicken Croissant**

**Ham & Cheese Croissant**

**Katie's Chicken Bacon Biscuit**

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**Chicken Soft Taco**

**Chocolate Muffin w/ string cheese**

**Blueberry Muffin w/ string cheese**

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**Beef Nachos**

**Chicken Nachos**

**Cheese French Bread Pizza**

**Pepperoni French Bread Pizza**

**Breaded Mozzarella Cheese Sticks**

**Strawberry Pancakes**

**Maple Pancakes**

**Chicken Tenders**

**Mashed Potatoes**

**Chicken Quesadilla**

**Cheese Quesadilla**

**Hot Dog 100% Beef**

**Spaghetti with Meatballs**

**Orange Wedge**

**Strawberry Cup**

**Grape Juice**

**Orange Juice**

**Apple Juice**

**Smiley Taters**

**Green Leaf Lettuce & Tomato**

**Sister Schubert's Yeast Roll**

**6 oz Apple Juice**

**6 oz. Orange Juice**

**6 oz. Grape Juice**

**Strawberry Pop Tarts**

**Cinnamon Pop Tarts**

**Fudge Pop Tarts**

**Blueberry Pop Tarts**

**Salisbury Steak with brown gravy**

**Cocoa Puffs**

**Lucky Charms**

**Cinnamon Toast Crunch**

**Toast**

**Fresh Roasted Broccoli**

**Apple Slices**

**Fresh Fruit Salad**

**Chicken Sandwich Trimmings**

**Crispy French Fries**

**Cheesy Bean Dip**

**Corn**

**Egg Roll**

**Fried Rice**

**Cheesy Breadstick**

**Peach cup**

**Strawberry Craisins**

**Carnival Cookie**

**Pineapple**

**Banana**

**Crinkle Cut Carrot Sticks**

**Celery Sticks**

**Mexican Rice**

**Turkey Pot Roast**

**Baked Potato**

**Sugar Snap Peas**

**Breaded Pork Chop**

**Chicken Burrito**

**Beef Soft Taco**

**Corn & Black Beans**

**Curly Fries**

**Spicy Macaroni & Cheese**

**Mac & Cheese Bar Toppings**

**Mini Ice Cream Sandwich**

**Cheetos Puffs**

**Doritos**

**Fudge Cream Cookies**

**Sriracha Chicken**

**Pork Loin Roast**

**Funfetti Pancakes**

**Tiger Chef Salad w/ muffin**

**Broccoli & Cheese Casserole**

**Vanilla Ice Cream Cup**

**Chocolate Ice Cream Cup**

**Strawberry Sundae Ice Cream Cup**

**Mixed Berry Cup**

**Chicken & Cornbread Casserole**

**Green Beans**

**Loaded potato soup**

**Very Berry Juice Box**

**Apple Juice Box**

**Orange Juice Box**

**Grape Juice Box**

**Fruit Punch Juice Box**

**Apple Juice Box (6oz)**

**Fruit Punch Juice Box (6oz)**

**Orange Juice Box (6oz)**

**Non-fat White Milk**



**Mini Blueberry Muffins**

**Mini Chocolate Muffins**

**Roasted Zucchini, Tomatoes & Squash**

**Bacon Egg & Cheese Breadstick**

**Strawberry Applesauce**

**Sausage Taco Crispy Stick**

**Turkey Sausage Pancake Bites**

**Bacon Boat Pizza**

**Mini Powdered Donuts**

**Mini Chocolate Donuts**

**Warm Cocoa Puffs Bar**

**Warm Cinnamon Toast Crunch Bar**

**Mild Salsa Cup**

**Sour cream**

**Shredded Lettuce**

**Shredded Cheese**

**Homemade Pepperoni Pizza**

**Homemade Cheese Pizza**

**Homemade Sausage Pizza**

**Ranch Cup**

**Rice Krispie Treat**

**Caramel Dip**

**Marinara Cup**

**Berries & Unicorn Dip**

**Chicken Rings**

**Biscuit Stick**

**Emoji Taters**

**Corn on the Cob**

**Chef Salad Box w/ Hawaiian Roll**

**Cheesy Bacon Eggs**

**Biscuit**

**Gravy**

**Hash brown**

**Ketchup Dip**

**Ketchup**

**Honey Mustard**

**BBQ**

**Chicken & Waffles**

**Hawaiian Roll**

**Butter**

**Chocolate Strudel**

**Try Day Friday Fruit**

**Sweet Pepper Sticks**

**Pickles**

**Potato Wedges**

**Raw Pickles**

**Berries & Grapes**

**Lasagna Roll Ups**

**3 Cheese Curly Pasta**

**Chicken Nuggets**

**Sausage Patty**

**Chicken Sticks**

**Blue Doritos**

**White Doritos**

**Southwest Fiestada**

**Roasted Red Potatoes & Carrots**

**Mustard**

**Mayo**

**Double Strawberry Parfait**

**Neapolitan Parfait**

**Apple Crisp Parfait**

**Peaches & Cream Parfait**

**Cheesy Omelet**

**Cinnamon Raisin Bagel**

**Blueberry Bagel**

**White Bagel**

**Cream Cheese**

**Cream Cheese**

**Strawberry Cream Cheese**

**Dutch Waffle**

**Homemade French Toast**

**Homemade Bacon Breakfast Pizza**

**Homemade Sausage Breakfast Pizza**

**Nacho Cheese Cup**

**Doritos Top N Go**

**Tostitos Top N Go**

**Hot Dog Chili**

**Stuffed Crust Cheese Pizza**

**Stuffed Crust Pepperoni Pizza**

**Strawberry Shortcake Cookie**

**Crispy Chicken Patty Sandwich**

**Very Berry Juice Box (6oz)**

**Tiger Chicken Salad w/ croutons**

**Ham & Turkey Club**

**Watermelon Applesauce**

**Spicy Chicken Tenders**

**Sausage Links**

**Cheeseburger**

**Bacon Egg & Cheese Biscuit**

**Cinnamon Rolls**

**Penne Pasta Alfredo**

**Spaghetti w/ Marinara Sauce**

**Spaghetti w/ Meat Sauce**

**Jackets Chef Salad w/ croissant**

**Popcorn Chicken**

**Cheddar Biscuit**

**Meat lover's Stromboli**

**Wild Mike's Cheese Pizza**

**Wild Mike's Pepperoni Pizza**

**Cheese Slice**

**Crispy Chicken Wrap**

**Grilled Chicken Wrap**

**Spicy Chicken Wrap**

**Ky Hot Brown Wrap**

**Chicken BLT Wrap**

**Turkey & Cheddar Wrap**

**Crispy Chicken Salad**

**Grilled Chicken Salad**

**Chicken Salad Croissant**

**Doritos Taco Salad**

**SW Chicken Salad**

**Sausage Egg & Cheese Bagel**

**English Muffin**

**Baked Apples**

**Powdered Sugar**

**Grape Tomatoes**

**Pimento Cheese Sandwich**

**Scrambled Eggs**

**Build your Own Breakfast Sandwich!**

**Southern Sausage Patty**

**Crispy Bacon**

**Breakfast Chicken Patty**

**Egg Patty**

**English Muffin**

**Build Your Own Parfait Bar!**

**Vanilla Yogurt**

**Strawberry Yogurt**

**Strawberry Topping**

**Whipped Cream**

**Granola**

**Tortilla Shell**

**Fresh Strawberries**

**Spaghetti with Meatballs**

**Rainbow Sherbet Cup**

**Smoked Ham**

**Au Gratin Potatoes**

**Halloween Candy Corn Parfait**

**OJ**

**Deli Ham & Cheese Sandwich**

**Smoked Turkey & Cheese Sandwich**

**Ham, Turkey & Bacon Club**

**Pulled Pork Sandwich**

**Berry Grilled Chicken Salad**

**Chicken Wings**

**Chicken Drumstick**

**Double Chocolate Cookie**

**Ham & Turkey Sliders**

**Cosmic Cherry Cocoa Bars**

**Gogurt**

**Hash brown Stars**

**Astral Applesauce Cups**

**Cinnamon Roll**

**Lucky Charms Cereal**

**Sausage Pancake Bites**

**Cocoa Puffs Cereal**

**Cinnamon Toast Crunch Cereal**

**Granola Chocolate Chip Bites w/ string cheese**

**Glazed Donut**

**Blueberry Waffles**

**Rolled BK Taco**

**Cinnamon Pancakes**

**Chocolate Oatmeal Bar w/ string cheese**

**Egg & Cheese Stuffed Breadstick**

**Un crustable**

**Cucumber Slices**

**Parmesan Packet**

**Grape Escape**

**Sour Watermelon Raisins**

**Sour Orange Raisins**

**Tostitos**

**Slushie Cup**

**Pickle spear**

**Garlic Toast**

**Wow Butter Cup**

**Smoked Turkey & Cheese Sandwich**

**Ham & Cheese Sandwich**



**Fruit Snacks**

**Moon Pie**

**Beef Nachos**

**Bacon Bagel Breakfast Burger**

**Sweet & Sour Chicken**

**Grilled Chicken Wrap**

**Wango Mango Juice**

**Power Punch Vegetable Juice**

**Red Pepper Hummus**

**Turkey Roast**

**Apple**

**Sausage Egg & Cheese Croissant**

**3 Cheese Curly Pasta w/ grilled chicken strips**

**Fun Fish Nuggets**

**Chipotle Lime Crusted Tilapia**

**Mozzarella String Cheese**

**Syrup**

**Hot Cakes**

**Strawberry Pop Tart**

**Fudge Pop Tart**

**Cinnamon Pop Tart**

**Cheeseburger**

**Green Leaf Lettuce**

**Tomato Slice**

**Watermelon (KY Proud)**

**Mandarin Orange Cup**

**Pepperoni & Cheese Pizza Lunch Kit**

**Turkey, Ham & Cheese Lunch Kit**

**Breadstick Bites**

**Ranch Packet**

**Italian Packet**

**Hawaiian Ham & Cheese Sammies**

**Cream Cheese Stuffed Bagel**

**Citrus Salad**

**Penne Pasta Alfredo w/ chicken**

**Pepperoni Personal Pizza**

**Cheese Personal Pizza**

**Jelly**

**Greek Pasta Salad**

**Queso Blanco**

**Mixmi Ultimate Chocolate Yogurt**

**Mixmi Cupcake Vanilla Yogurt**

**Tater Puffs**

**Cinnamon Sugar Churro**

**Maple Waffles**

**Confetti Cookie**

**Cheese Retro Rectangle Pizza**

**Stoplight Peppers**

**Fish Sandwich**

**Tartar Sauce**

**Cantaloupe**

**Oreo Cookies**

**Grilled Cheese Sandwich**

**Caesar Pasta Salad**

**Tomato Soup**

**Fiesta Taco Black Beans**

**Pizza Crunchers**

**Cherry Strudel**

**Mini Potato Pancakes**

**Super Hero Kale Salad**

**Pomegranate Blueberry Blend Juice**

**Strawberry Banana Blend Juice**

**Chicken Enchilada**

**Annie's Bunny Graham's**

**Mayflower Munch Mix**

**Classic Chili**

**Turkey Gravy**

**Rainbow Carrots**

**Chicken Crisпитos**

**Tropical Fruit Cup**

**Granny Smith Apple**

**Cheesy Italian Pull- Apart**

**Cornbread Stuffing**

**Gingerbread Cookie**

**Grilled Chicken Salad w/ muffin**

**Spicy Chicken Salad w/ croutons**

**Medium Salsa Cup**

**Jalapeno Peppers**

**Honey Sriracha Chicken Wings**

**Stir Fry Veggies**

**Fortune Cookie**

**Soy Sauce**

**Hawaiian Parfait**

**Steak Biscuit**

**Sausage Egg & Cheese Tornado**

**Chili Cheese Wrap**

**Tater Tots**

**Baked Spaghetti**

**Griddle Sausage Sandwich**

**Chicken Caesar Pasta Salad**

**Caesar Dressing**

**Chicken Greek Pasta Salad**

**Ham & Pimento Cheese Croissant**

**Chicken Fajitas**

**Steak Fajitas**

**Guacamole**

**Flame Roasted Peppers & Onions**

**Breaded Spicy Pickles**

**Corn Dog on a Stick**

**Roast Beef Cheddar Melt**

**Grilled Chicken Salad w/ croissant**

**Chicken Fajita Salad Bowl**

**Italian Pepperoni Calzone**

**Spicy Chicken Salad w/ croutons**

**Chicken Biscuit w/ pimento cheese**

**Penne Pasta w/ meat sauce**

**Meat Sauce**

**Boom Boom Sauce**

**Italian Sub Sandwich**

**Italian Breakfast Bagel Sandwich**

**Bacon Avocado Egg & Cheese Bagel**

**Club Sub Sandwich**

# Sausage Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> 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 STHR STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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 STRN 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Sausage Breakfast Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.67	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3317

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS WGRAIN IW 100-3.67Z	1	<b>BAKE</b> COOKING INSTRUCTIONS. COOK BEFORE SERVING. This product must be cooked to an internal temperature of 165°F prior to eating. Preheat the convection oven to 375°F. Product must be cooked from a frozen state for best results. Do not remove pizza from the wrap. Place 23 frozen wrapped pizzas in an 18" x 26" x 1 2" bun pan. CONVECTION OVEN: 375°F for 16 to 17 minutes. Rotate pan halfway through cooking. NOTE: Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.	659981

## Preparation Instructions

### BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. This product must be cooked to an internal temperature of 165°F prior to eating. Preheat the convection oven to 375°F. Product must be cooked from a frozen state for best results. Do not remove pizza from the wrap. Place 23 frozen wrapped pizzas in an 18" x 26" x 1 2" bun pan. CONVECTION OVEN: 375°F for 16 to 17 minutes. Rotate pan halfway through cooking. NOTE: Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.67

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	196.00mg	<b>Iron</b>	2.00mg
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# Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3318

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each	Thaw at room temperature.	839520
SUGAR POWDERED 10X 12-2 PION	1/2 Ounce		859740

## Preparation Instructions

Warming Donut Holes: Place the pan of donut holes in a 325°F oven to warm the surface and begin to thaw the centers for 3 to 4 min. DO NOT allow to bake or holes will become dry.

Allow donut holes to cool for 3-5 min. Sift 2cups powdered sugar and ¼ c.cornstarch together into a large stainless bowl.

Finishing: Toss the slightly warm donut holes in the bowl of powdered sugar mixture to lightly coat.

Shake off excess powdered sugar as you remove donut holes from the sugar and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	20.50g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.46mg

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# Chocolate Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	186.67
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	23.33g
<b>Fiber</b>	1.00g

<b>Sugar</b>	10.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.82mg

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# Chocolate chip french toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3322

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1		498492

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	260.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<b>Iron</b> 3.60mg

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

# Eggs & Toast

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3324

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GCHC	5 Pound	Thaw 2-3 days prior to service	465798
BACON TOPPING CRUMBLES 10# HRML	1 cup		460584
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012
BREAD WGRAIN HNY WHT 16-24Z GCHC	80 1 Ea	Place on sheet tray in a single layer. Spray with butter spray. Bake at 325 or 350 until light brown.	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 1 oz		651171

## Preparation Instructions

### COOK

Steam kettle

Add pouch to water between 180° F to 190° F. Do Not Boil.

Stir water and bags every 5 minutes to insure proper cooking, for 20 to 25 minutes.

CCP: Heat until an internal temperature of 155° F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Steamer

Alternatively, place one pouch of eggs in each half steam table pan.

Place uncovered in preheated steamer for 15 to 20 minutes. CCP: Heat until an internal temperature of 155°F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Using thick potholders gently knead each bag of eggs to break up any clumps. Be careful as the bags are HOT, and they retain their heat. Hold in warming cart above 135° F until service. CCP: Hold above 135° F.

HOLD

Spray pan with butter spray. Place eggs in pan top with cheese and bacon.

Serve 3oz serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00  
Serving Size: 3.00

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**Amount Per Serving**

<b>Calories</b>	118.85
<b>Fat</b>	2.06g
<b>SaturatedFat</b>	0.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.47mg
<b>Sodium</b>	181.35mg
<b>Carbohydrates</b>	18.39g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.26g
<b>Protein</b>	4.74g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.81mg	<b>Iron</b>	1.13mg

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



# Ginny's Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3328

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1	Bake in oven 375 degrees F for 4 minutes.	243572
SYRUP PANCK CUP 200-1.5Z GCHC	1		160090

## Preparation Instructions

Bake in oven 375 degrees F for 4 minutes.

Hold above 140 degrees in warmer until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	68.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	37.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

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# Spaghetti Noodles

<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3331
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 4-5 GCHC	10 Pound	1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked.	413370

## Preparation Instructions

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL.  
GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL.  
LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL.  
STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.  
TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR  
PREFERRED TENDERNESS.  
PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.  
DO NOT RINSE IF SERVING RIGHT AWAY.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

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# Spaghetti with Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3332
<b>School:</b>	SIMMON'S ELEMENTARY		

## 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 10 4-5 GCHC	2 Ounce	1 bag equals 80 (1 cup) servings; 2 oz dry pasta equals 1 cup cooked	413370

## 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 sauce. Hold at 140\*- 160\* F.

1 cup of pasta; 4oz meat sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	392.39		
<b>Fat</b>	11.46g		
<b>SaturatedFat</b>	3.49g		
<b>Trans Fat</b>	1.49g		
<b>Cholesterol</b>	38.81mg		
<b>Sodium</b>	517.31mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.88mg

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# Beef Burrito Bowl

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3336
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound		110520
SEASONING TACO MIX 6-9Z GRSZ	3/4 Cup		222313
SALSA MILD THICK & CHNKY 4-138Z PACE	5 Cup		704504
TORTILLA FLOUR 10 12-12CT GRSZ	65 Each		713340

## Preparation Instructions

Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165\* F.

Drain fat and excess water. Crumble meat.

Mix 4 cups of salsa and 3/4 cup of taco seasoning.

Yields approx. 65 (3oz) servings

Place 3oz of meat inside each tortilla shell

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.84
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 3.00 Serving

Amount Per Serving	
<b>Calories</b>	350.48
<b>Fat</b>	16.02g
<b>SaturatedFat</b>	6.17g
<b>Trans Fat</b>	1.84g
<b>Cholesterol</b>	47.76mg
<b>Sodium</b>	665.64mg
<b>Carbohydrates</b>	34.58g
<b>Fiber</b>	1.62g
<b>Sugar</b>	3.23g
<b>Protein</b>	16.86g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 50.74mg **Iron** 2.00mg

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# Woodford Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3341
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.09
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	122.26
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	3.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.20mg
<b>Sodium</b>	209.08mg
<b>Carbohydrates</b>	6.40g
<b>Fiber</b>	2.36g
<b>Sugar</b>	3.98g
<b>Protein</b>	9.38g

<b>Vitamin A</b>	291.44IU	<b>Vitamin C</b>	4.90mg
<b>Calcium</b>	264.80mg	<b>Iron</b>	0.48mg

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# Spinach Berry Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3342
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH 12-8Z	1/2	wash	560712
LETTUCE ROMAINE CHOP 6-2 RSS	1/2	wash	735787
STRAWBERRY 8 MRKN	1/8	wash	212768
Blueberries, Frozen	0/1	THAW Thaw and use	110624

## Preparation Instructions

Place 1 cup romaine/ spinach mix in 8 oz bowl. Top with 4 blueberries and 2 quartered strawberries.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.02
<b>GreenVeg</b>	0.45
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	9.38		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.82mg		
<b>Carbohydrates</b>	1.49g		
<b>Fiber</b>	0.74g		
<b>Sugar</b>	0.81g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.44IU	<b>Vitamin C</b>	2.17mg
<b>Calcium</b>	13.39mg	<b>Iron</b>	0.32mg

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# Nacho Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3343
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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	662512
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	Place in warmer. Until ready to serve.	528690
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

Assemble in 2000332 (black 3 compartment container)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	420.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	373.00mg	<b>Iron</b>	0.60mg

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



# Chicken dunker Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3344
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN DRK CKD 30	8 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

## Preparation Instructions

Bake chicken in 350\* oven for 6-8 minutes. Let cool.

Assemble in 784910 (black 12 oz container)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	2.30
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	322.00		
<b>Fat</b>	13.80g		
<b>SaturatedFat</b>	2.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	64.00mg		
<b>Sodium</b>	656.00mg		
<b>Carbohydrates</b>	32.80g		
<b>Fiber</b>	4.40g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.40g		
<b>Vitamin A</b>	80.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.45mg

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# Yogurt Lunch- kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3346
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

## Preparation Instructions

Assemble on all ingredients in to- go container 784910  
Store in cooler.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	20.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.00mg	<b>Iron</b> 1.50mg

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# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3347
<b>School:</b>	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

<b>Meat</b>	2.55
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	315.82		
<b>Fat</b>	8.60g		
<b>SaturatedFat</b>	3.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.39mg		
<b>Sodium</b>	845.41mg		
<b>Carbohydrates</b>	41.10g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.55g		
<b>Protein</b>	19.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

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

# Turkey & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3348
<b>School:</b>	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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



# Wow Butter & Jelly Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3349
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each		661222

## Preparation Instructions

Assemble sandwich. Slice diagonally. Place in plastic sandwich bag with string cheese.

Offer with daily choices of fruits, vegetables, and milk.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	540.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 242.00mg	<b>Iron</b> 4.00mg

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# Fresh Roasted Veggies

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	0/1 Teaspoon		651171
BROCCOLI STIR FRY VEG MIX 2-5 RSS	4 Ounce		588814
SEASONING NO SALT ORIG 6-21Z MDASH	1		844071
SALT SEA 36Z TRDE	1/4 Teaspoon		748590

## Preparation Instructions

Whatchefswant will be preparing Local Fresh Roasted Veggies for us

Spray sheet tray with non-stick spray. Assemble vegetables on the tray in a single layer.

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	38.49mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	0.43mg

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# Cereal Bar & String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3351
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW 168-1Z LOL	1		786580

## Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 1.70mg

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# Strawberry Cheesecake smoothie

<b>Servings:</b>	37.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3360
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CHEESECAKE MIX INST 6-4 JELLO	1/2 Cup		160946
CRACKER GRHM STCK SCOOBY 210-1Z	37 Package		859550
1 % White Milk	5 Cup		1% White
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	4 Pound		621420

## Preparation Instructions

37 - 9 oz servings

Blend all ingredient except graham crackers .

Chill until service

Serving size 9 oz.

Serve with graham snacks

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	1.00
<b>Fruit</b>	0.11
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 9.00

Amount Per Serving

<b>Calories</b>	526.23
<b>Fat</b>	6.42g
<b>SaturatedFat</b>	2.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.35mg
<b>Sodium</b>	337.86mg
<b>Carbohydrates</b>	104.14g
<b>Fiber</b>	1.32g

<b>Sugar</b>	67.14g
<b>Protein</b>	16.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 464.74mg	<b>Iron</b> 0.89mg

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# Macaroni & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS STRAT NOODL 6-5	4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	561302

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	206.67
<b>Fat</b>	10.67g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.67mg
<b>Sodium</b>	519.33mg
<b>Carbohydrates</b>	16.67g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.33mg	<b>Iron</b> 0.67mg

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# Rotini with marinara

<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3370
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 2-10 KE	10 Pound	1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked.	635511
SAUCE SPAGHETTI POUCH 6-106Z PREGO	40 Cup		315729

## Preparation Instructions

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL.  
GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL.  
LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL.  
STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.  
TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS.  
PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.  
DO NOT RINSE IF SERVING RIGHT AWAY.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	270.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	55.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	30.00mg	<b>Iron</b>	3.08mg
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# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3371
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	312.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	54.00mg		
<b>Sodium</b>	233.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.00mg

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# Strawberry Chocolate Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3683
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR 25Z GCHC	1 Teaspoon	Sprinkle on top to finish	421600
SYRUP CHOC 24-24Z HERSH	2 Tablespoon	2 Tbsp per parfait	433941
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
Strawberry Cup	1/2 Cup	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

Assemble ingredients in to- go parfait cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	340.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	66.44g
<b>Fiber</b>	4.22g
<b>Sugar</b>	46.50g

<b>Protein</b>	8.11g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 179.10mg	<b>Iron</b> 2.06mg

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# Very Berry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3684
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 4-5 GCHC	1/2 Cup	4 oz scoop	640171
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT	649742
BERRIES BURST O IQF 4-5 GCHC	1/2 Cup		244620
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT Thaw under refrigeration	330442

## Preparation Instructions

Assemble all ingredients in to-go parfait cup.

Layer berries, yogurt, whipped topping

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	267.50
<b>Fat</b>	5.75g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	28.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 363.50mg	<b>Iron</b> 1.58mg

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

# Sausage Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3685
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> 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	<b>BAKE</b> 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
CHEESE SLCD BLND 6- 5 COMM	1/2 Ounce		150600
EGG SCRMBD PTY RND CKD 25# USDA	1 Each		497241

## Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	441.00
<b>Fat</b>	26.50g
<b>SaturatedFat</b>	10.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	158.50mg
<b>Sodium</b>	852.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g

<b>Protein</b>	16.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.00mg	<b>Iron</b> 1.60mg

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

# Bacon Egg & Cheese Bagel

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	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.	462519
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BACON CKD THN SLCD 3-100CT GFS	2 Slice		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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	271.67
<b>Fat</b>	10.80g
<b>SaturatedFat</b>	3.90g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	89.17mg
<b>Sodium</b>	577.07mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	14.87g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	1.92mg

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

# Bacon Egg & Cheese Croissant

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 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. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 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

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

# Pasta Salad

<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3697
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GCHC	5 Pound	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL	413360
PEPPERONI SLCD 14-16/Z 2-5 GCHC	32 Each		729981
PEPPERS GREEN LRG 60-70CT MRKN	1 Cup		198757
CUCUMBER SLCD 1/4 2-3 RSS	1 Cup		329517
TOMATO 6X6 LRG 25 MRKN	1 Cup		199036
ONION RED JUMBO 25 MRKN	1 Ounce		198722
DRESSING ITAL CRMY LT 4-1GAL GCHC	1 Tablespoon		243965
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1 Ounce		448010

## Preparation Instructions

Directions:

Cook and drain noodles. Let the noodles cool.

Dice the onions, green peppers and tomatoes. Peel, slice and dice the cucumbers.

When noodles are cool, then add all other ingredients. Mix well. Refrigerate until serving time.

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

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	106.01
<b>Fat</b>	0.93g
<b>SaturatedFat</b>	0.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.00mg
<b>Sodium</b>	18.90mg
<b>Carbohydrates</b>	21.28g
<b>Fiber</b>	1.07g
<b>Sugar</b>	1.17g
<b>Protein</b>	3.78g
<b>Vitamin A</b> 26.86IU	<b>Vitamin C</b> 1.86mg
<b>Calcium</b> 5.62mg	<b>Iron</b> 0.92mg

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# Macaroni Pasta Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3698
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GCHC	10 Pound		738131
Grape Tomatoes	1 cup		749041
CUCUMBER 1-24CT MARKON	1 Cup		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 cup		448010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

Amount Per Serving			
<b>Calories</b>	69.96		
<b>Fat</b>	4.72g		
<b>SaturatedFat</b>	0.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.40mg		
<b>Sodium</b>	156.22mg		
<b>Carbohydrates</b>	5.86g		
<b>Fiber</b>	0.21g		
<b>Sugar</b>	1.62g		
<b>Protein</b>	0.95g		
<b>Vitamin A</b>	1.09IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	2.17mg	<b>Iron</b>	0.24mg

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# Dill Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3702
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each	Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	542832
BUN HAMB SLCD 4 10-12CT GCHC	1 1 each	Thaw and serve.	763233

## Preparation Instructions

SERVE PATTY ON BUN.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	95.00mg	<b>Iron</b>	3.80mg

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# Spicy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3703
<b>School:</b>	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	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p>	327080

## Preparation Instructions

ASSEMBLE SANDWICH

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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# Mandarin Orange Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3708

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce		791710

## Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet.

Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F.

Heat sauce in steamer, low boil in the bag or microwave.

Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60 Serving

#### Amount Per Serving

<b>Calories</b>	194.87		
<b>Fat</b>	4.10g		
<b>SaturatedFat</b>	1.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.15mg		
<b>Sodium</b>	389.74mg		
<b>Carbohydrates</b>	25.64g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	13.33g		
<b>Protein</b>	14.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.48mg

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# Spicy Asian Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3709
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	2 Ounce		964512
SAUCE SRIRACHA SWT & SPCY 6-.5GAL GFS	1		640211

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

#### Amount Per Serving

<b>Calories</b>	104.71		
<b>Fat</b>	2.69g		
<b>SaturatedFat</b>	0.98g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.80mg		
<b>Sodium</b>	210.16mg		
<b>Carbohydrates</b>	8.50g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	12.25g		
<b>Vitamin A</b>	65.69IU	<b>Vitamin C</b>	0.39mg
<b>Calcium</b>	7.49mg	<b>Iron</b>	1.25mg

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



# Chicken Slider

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3716
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	1	Thaw at room temperature for 4-6 hours.	676171

## Preparation Instructions

Assemble sandwich before serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 42.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 2.08mg

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

# Beef Slider

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3717
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
ROLL DNNR HI SLC 1.25Z 10-12CT	1 Each		516081

## Preparation Instructions

Assemble sandwich before serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

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



# Onion Rings

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	5.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3718
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Each	CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING	234061

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING.

BATCH COOK.

HOLD AT 140-160\* f UNCOVERED IN WARMER UNTIL SERVICE.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Serving

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.08mg

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# Bacon Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3719
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	237071
BACON TOPPING CRUMBLES 10# HRML	1/2 ounce	4 oz per pizza. 1/2 oz per slice	460584

## Preparation Instructions

Sprinkle 1/ 2 cup of bacon evenly over pizza.

Bake.

Slice into 8 even slices.

Hold in warmer at 140-160°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	404.14
<b>Fat</b>	18.40g
<b>SaturatedFat</b>	8.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.71mg
<b>Sodium</b>	724.09mg
<b>Carbohydrates</b>	36.29g

<b>Fiber</b>	4.10g		
<b>Sugar</b>	7.29g		
<b>Protein</b>	24.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	337.43mg	<b>Iron</b>	2.22mg

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

# Grilled Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	THAW AND SERVE	763233
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each		185033

## Preparation Instructions

### Basic Preparation

appliances vary, adjust accordingly. Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	68.00mg	<b>Iron</b>	3.00mg

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

# Ham Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3734
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Ounce		651470
DOUGH ROLL SUB MINI WGRAIN 180- 2.4Z	1 Each	<b>Thawing Instructions</b> PANNING: PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

Fold 4 slices of ham and arrange in the middle of bread.

1.22oz of ham = 1oz meat equivalent

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	235.82
<b>Fat</b>	7.10g
<b>SaturatedFat</b>	2.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.89mg
<b>Sodium</b>	655.41mg
<b>Carbohydrates</b>	33.10g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.05g
<b>Protein</b>	16.25g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.60mg

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# Turkey Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3735
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 1/2 Ounce		765991
DOUGH ROLL SUB MINI WGRAIN 180- 2.4Z	1 Each	PANNING:PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

Slice bread in half down the middle with a serrated bread knife.

Arrange 3 slices of turkey on bread.

1.43oz of turkey = 1oz meat equivalent

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	235.17
<b>Fat</b>	4.75g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	554.13mg
<b>Carbohydrates</b>	30.75g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.99g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.60mg

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# Chicken Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3736
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 Ounce		154900
DOUGH ROLL SUB MINI WGRAIN 180- 2.4Z	1 Each	PANNING:PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

Slice bread in half down the middle with a serrated bread knife.

Arrange 3oz of chicken on bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.76
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	267.65		
<b>Fat</b>	6.53g		
<b>SaturatedFat</b>	1.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.29mg		
<b>Sodium</b>	714.71mg		
<b>Carbohydrates</b>	30.76g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.76g		
<b>Protein</b>	21.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	10.00mg	<b>Iron</b>	1.60mg
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# Cheesy Chicken Enchilada Soup

<b>Servings:</b>	130.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3738
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHEESY CHIX W/VEG 6-5# CFS	30 Pound	Thawing Instructions Thaw under refrigeration for 24-48 hours or until thawed.	659763
SALSA MILD CHNKY 4-1GAL GCHC	1 Gallon		598453
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #5 CAN		695513
TOMATO DCD W/GRN CHILIES 12-28Z REDG	3 #2 CAN	READY_TO_EAT None	740910
CORN & BLK BEAN FLME RSTD 6-2.5	5 Pound	<b>MICROWAVE</b> 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. <b>MICROWAVE: (1100W)</b> 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. <b>MICROWAVE: (2200W)</b> 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. <b>STOVE TOP:</b> 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. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> 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. <b>COMBI OVEN:</b> 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.	163760

## Preparation Instructions

Basic Preparation

Submerge whole pouch of cheesy chicken product in 170 degree F water and cook until internal temperature reaches 165 degrees F. Approximately 30 minutes.

Combine with salsa, corn & black beans, chilies & cream of chicken soup

Keep in warmer at 140-165°F until service.

Serve with Tortilla chips #662512 for a reimbursable meal.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 6.00 Serving

#### Amount Per Serving

<b>Calories</b>	138.39		
<b>Fat</b>	7.82g		
<b>SaturatedFat</b>	3.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.29mg		
<b>Sodium</b>	408.39mg		
<b>Carbohydrates</b>	8.33g		
<b>Fiber</b>	0.52g		
<b>Sugar</b>	1.83g		
<b>Protein</b>	9.62g		
<b>Vitamin A</b>	179.64IU	<b>Vitamin C</b>	6.66mg
<b>Calcium</b>	109.72mg	<b>Iron</b>	0.59mg

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# Powdered Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4398
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
SUGAR POWDERED 10X 12-2 PION	1 Gram		859740

## 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.

Sprinkle with powdered sugar

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
<b>Calories</b>	284.23		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	31.06g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.02g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.50mg

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# Baked Beans

<b>Servings:</b>	65.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4404
<b>School:</b>	SIMMON'S ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN	Do not drain	520098
SAUCE BBQ 4-1GAL SWTBRAY	3 Cup		655937
ONION DCD IQF 6-4 GCHC	2 Cup		261521

## Preparation Instructions

Combine all ingredients in pan.

Bake uncovered for 45 minutes @ 350°F.

Hold between 140- 160 until service.

4 oz or 1/2 cup per serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.40
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	146.38		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	545.05mg		
<b>Carbohydrates</b>	30.80g		
<b>Fiber</b>	4.03g		
<b>Sugar</b>	15.97g		
<b>Protein</b>	5.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.79mg	<b>Iron</b>	1.51mg

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# BLT Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	10.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4974
<b>School:</b>	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

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

#### Amount Per Serving

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

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# Little Caesars Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5264
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese Pizza	1 Slice		4444444

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

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# Chicken Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5559
<b>School:</b>	Woodford County Middle School		

## 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
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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	13.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	42.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.58mg

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# Ham & Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5561
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	3 Ounce		651470
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 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. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 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 Ounce		150600
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

Thaw Croissant. Assemble sandwich bun, ham, cheese, bun. Chill until service. Offer with mustard and mayo. Offer with lettuce and tomato

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.26
<b>RedVeg</b>	0.26
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	407.32
<b>Fat</b>	18.32g
<b>SaturatedFat</b>	8.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.26mg
<b>Sodium</b>	1117.37mg
<b>Carbohydrates</b>	42.71g
<b>Fiber</b>	4.20g
<b>Sugar</b>	12.46g
<b>Protein</b>	24.90g
<b>Vitamin A</b> 1499.40IU	<b>Vitamin C</b> 24.66mg
<b>Calcium</b> 48.24mg	<b>Iron</b> 2.27mg

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

# Katie's Chicken Bacon Biscuit

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5564
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	54 Each	<b>BAKE</b> 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	54 Each	<b>BAKE</b> 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
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124

## Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom. Break one piece of bacon in half and place on top of chicken. Replace top biscuit.

Hold at 140°F until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.43
<b>Fat</b>	14.04g
<b>SaturatedFat</b>	5.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.06mg
<b>Sodium</b>	651.55mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	12.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 42.00mg



**Calcium** 120.00mg **Iron** 2.68mg

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

# Spaghetti with Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5595
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup	CLIP CORNER OF POUCH & SQUEEZE OUT CONTENTS. WARM OVER MEDIUM HEAT,STIRRING OCCASIONALLY. SERVE OVER SPAGHETTI OR OTHER PASTA. OR STEAM IN BAG UNTIL WARM.	315729
PASTA SPAGHETTI 10 4-5 GCHC	2 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. COOK FOR 9-10 MINUTES. DRAIN.	413370

## Preparation Instructions

BATCH COOKING OF PASTA IS VERY IMPORTANT.

1 cup of pasta; 4oz marinara sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.88mg

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

# Chicken Soft Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5596
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each	TORTILLAS SHOULD BE SEPARATED PRIOR TO WARMING IN A HEATED (DRY) CABINET. REMOVE THE TORTILLAS FROM THE PACKAGE AND SEPARATE THEM INDIVIDUALLY. REPLACE THE STACK INTO THE BAG, OR SOME OTHER CLOSED CONTAINER, AND PLACE INTO THE HEATED CABINET (APPROX 140-170). TOTAL WARMING TIME SHOULD NOT EXCEED 6 HOURS.	713320
CHIX STRP 30 COMM	3 Ounce	CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400*F FROM, FROZEN	691971
SEASONING TACO MIX 6-9Z GRSZ	1/4 Teaspoon	Season chicken.	222313

## Preparation Instructions

Serve 3oz chicken fajita in shell.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	231.67		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	76.00mg		
<b>Sodium</b>	559.33mg		
<b>Carbohydrates</b>	20.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	22.33mg	<b>Iron</b>	1.00mg
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# Chocolate Muffin w/ string cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5604
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	305.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	14.41IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	212.76mg	<b>Iron</b>	1.33mg

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

# Blueberry Muffin w/ string cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5606
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	335.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 0.72mg

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

# Breadsticks and dipping sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5612
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 192-1.9Z MAX	2 Each	PREPARE FROM FROZEN 1 Case = 192 Breadsticks, Cheese, Stuffed, Topped with Shredded Cheese, Whole Grain, Frozen, 1.93 Ounce	789310
SAUCE PIZZA FZ DIPN 140-1.25Z RCHSPK	1 Each	Case = 140 Sauce, Pizza, Ready-to-Use, Frozen, Dipping Cups. Thaw before serving	133770

## Preparation Instructions

CONVECTION OVEN\*: PREHEAT OVEN TO 375°F. BAKE ON PARCHMENT LINED PAN 10 - 15 MINUTES.  
 CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 10 - 15 MINUTES.  
 NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT.  
 PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	360.00mg
<b>Iron</b>	2.40mg

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# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5615
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	<b>BAKE</b> COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	237071

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 335.00mg	<b>Iron</b> 2.00mg

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



# Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5617
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN HAND TOSSED 9CT	1 Slice	<b>BAKE</b> <b>COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes CONVECTION OVEN: 350°F for 13-17 minutes (high fan) CONVENTIONAL OVEN: 450°F for 13-15 minutes, on the middle rack. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking times and temperatures may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</b>	239241

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 282.00mg	<b>Iron</b> 2.40mg

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

# Buffalo Chicken Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5620
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	2.20mg

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

# Little Caesars Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5624
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepperoni Pizza	1 Slice		6666666

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	9.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	790.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

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

# 4 Meat Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5626
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes.</b>  <b>NOTE:</b> Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	731211

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	72.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	282.00mg	<b>Iron</b>	2.40mg

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

# Little Caesars Sausage Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5628
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sausage Pizza	1 Slice		5555555

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Bacon Breakfast Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5632
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	1.50mg

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# Big Breakfast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5635
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX 6-5 GCHC	2 Ounce	COVERED STOCK POT OR STEAM KETTLE: FILL 3/4 FULL WITH WATER. HEAT TO SIMMER. IMMERSER BAG(S) IN WATER. SIMMER, DO NOT BOIL. STIR WATER AND BAG(S) OCCASIONALLY (EVERY 5 MIN). REMOVE BAG(S) FROM VESSEL WHEN COOKED TO DESIRED TEXTURE. KNEAD BAG(S) VIGOROUSLY TO BREAK UP COOKED MASS. STORE UNOPENED BAG(S) IN PANS COVERED WITHOUT HEAT.	294586
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
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each	OVEN RECONSTITUTION CONVECTION: BAKE 7 UNITS AT 400F FOR 12 MINUTES. CONVENTIONAL: BAKE 7 UNITS AT 450F FOR 18 MINUTES. FRY: 7 UNITS AT 350F FOR 2 MINUTES.	242241
GRAVY MIX BISC 6-1.5 PION	1 Tablespoon		281719
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

<b>Meat</b>	12.96
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	493.92
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	10.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	139.33mg
<b>Sodium</b>	950.33mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.25g
<b>Protein</b>	16.00g

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<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.33mg	<b>Iron</b>	2.62mg

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# Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5640
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

## Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

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

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# Rotini with alfredo sauce

<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5667
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 2-10 KE	10 Pound	1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked.	635511
SAUCE ALFREDO FZ 6-5 JTM	40 Cup	PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED	155661

## Preparation Instructions

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL.  
GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL.  
LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL.  
STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.  
TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS.  
PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.  
DO NOT RINSE IF SERVING RIGHT AWAY.  
1 cup serving of pasta/ 1/2 cup serving alfredo

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	224.59
<b>Fat</b>	2.37g
<b>SaturatedFat</b>	0.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.19mg
<b>Sodium</b>	102.19mg
<b>Carbohydrates</b>	43.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.82g

<b>Protein</b>	8.64g		
<b>Vitamin A</b>	60.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.19mg	<b>Iron</b>	2.00mg

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# Beef Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5681
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	3 Cup		110520
SEASONING TACO MIX 6-9Z GRSZ	1/2 Cup		222313
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Cup	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	662512
SALSA MILD THICK & CHNKY 4-138Z PACE	1 Cup		704504

## Preparation Instructions

Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165\* F.

Drain fat and excess water. Crumble meat.

Mix 4 cups of salsa and 3/4 cup of taco seasoning.

Yields approx. 45 (3oz) servings

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.24
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	391.92
<b>Fat</b>	20.43g
<b>SaturatedFat</b>	5.48g
<b>Trans Fat</b>	2.24g
<b>Cholesterol</b>	58.21mg
<b>Sodium</b>	437.64mg
<b>Carbohydrates</b>	31.17g
<b>Fiber</b>	3.50g

<b>Sugar</b>	1.00g
<b>Protein</b>	18.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.67mg	<b>Iron</b> 0.60mg

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

# Chicken Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5689
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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	662512
CHIX STRP 30 COMM	2 1/2 Ounce	CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM, FROZEN.	691971
SEASONING TACO MIX 6-9Z GRSZ	0/1 Teaspoon	Season chicken	222313

## Preparation Instructions

Serve 2.5oz chicken with Tostitos

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	325.07		
<b>Fat</b>	13.67g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.33mg		
<b>Sodium</b>	450.47mg		
<b>Carbohydrates</b>	34.01g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	40.01mg	<b>Iron</b>	0.60mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Cheese French Bread Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5698
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	340.00mg	<b>Iron</b>	2.30mg

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



# Pepperoni French Bread Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5701
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	280.00mg	<b>Iron</b>	2.90mg

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# Breaded Mozzarella Cheese Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5706
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot!	143261

## Preparation Instructions

CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	578.00IU	<b>Vitamin C</b>	0.93mg
<b>Calcium</b>	516.00mg	<b>Iron</b>	1.77mg

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

# Strawberry Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5712
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.50mg

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# Maple Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5713
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	<p>READY_TO_EAT</p> <p>Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.50mg

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

# Chicken Tenders

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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.	740820

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

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

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# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5716
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving			
<b>Calories</b>	83.33		
<b>Fat</b>	1.52g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.79mg		
<b>Sodium</b>	378.79mg		
<b>Carbohydrates</b>	15.91g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.18mg	<b>Iron</b>	0.27mg

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# Chicken Quesadilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5717
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 2.90mg

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# Cheese Quesadilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5718
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Hot Dog 100% Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5719
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053
FRANKS BEEF 8/ 2-5 BALLP	1 Each	<b>BOIL</b> Heat water to a rolling boil. <b>GRILL</b> Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. <b>MICROWAVE</b> Place hot dog in bun and wrap in paper towel. <b>READY_TO_EAT</b> Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. <b>STEAM</b> Place pan in steamer, close door, set timer and steam until done.	585815

## Preparation Instructions

Bake at 350 for 7-9 minutes.

Serve in bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	665.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

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# Spaghetti with Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5724
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup	CLIP CORNER OF POUCH & SQUEEZE OUT CONTENTS. WARM OVER MEDIUM HEAT,STIRRING OCCASIONALLY. SERVE OVER SPAGHETTI.	315729
MEATBALL PORK R/SOD .68Z 6-5# JTM	4 Cup	Convection Oven: Add frozen meatballs to sauce, cover pan and heat approximately 30 minutes at 375 degrees F. Stove Top: Add frozen meatballs to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	661991
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

1 cup of pasta; 4 meatballs; 4oz marinara sauce= 1 serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	488.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	4.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	784.00mg		
<b>Carbohydrates</b>	62.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	4.18mg

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# Orange Wedge

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 whole	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5725
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 whole

#### Amount Per Serving

<b>Calories</b>	80.90		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.70mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	3.60g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	407.55IU	<b>Vitamin C</b>	97.52mg
<b>Calcium</b>	70.95mg	<b>Iron</b>	0.21mg

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# Strawberry Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5726
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each	THAW UNOPENED CUPS OF STRAWBERRIES OVERNIGHT IN THE REFRIGERATOR, SPACING CONTAINERS ON SHELVES FOR GOOD AIR CIRCULATION. ONCE THAWED, DO NOT REFREEZE.	655010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Grape Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5727
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS Shelf Life FROZEN= 365 DAYS FROM THE DATE OF PRODUCTION. Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135460

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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

# Orange Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5728
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Apple Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5730
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	<p>PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS</p> <p>Shelf Life Frozen = 365 days from date of production</p> <p>Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.</p>	135440

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Smiley Taters

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6310
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	5 Each	CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.	228818

## Preparation Instructions

Hold in warmer uncovered until service at 140-160°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.63

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	162.50		
<b>Fat</b>	5.63g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	225.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.45mg

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

# Green Leaf Lettuce & Tomato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6365
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 24CT MRKN	1 Cup	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.	284998
TOMATO SLCD 1/4 5 RSS	1 Cup	This is a cleaned, sliced, and ready-to-use tomato, packaged with about 120-126 slices per five-pound tray. Brand may vary.	786535

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	36.34
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	16.87mg
<b>Carbohydrates</b>	7.79g
<b>Fiber</b>	2.20g
<b>Sugar</b>	5.00g

<b>Protein</b>	1.60g
<b>Vitamin A</b> 1499.40IU	<b>Vitamin C</b> 24.66mg
<b>Calcium</b> 28.24mg	<b>Iron</b> 0.77mg

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

# Sister Schubert's Yeast Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6376
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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



# 6 oz Apple Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6386
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 48-6FLZ SNCUP	1 Each		373680

## Preparation Instructions

### Thawing Instructions

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

### Shelf Life

Frozen = 365 days from date of production

### Basic Preparation

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# 6 oz. Orange Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6391
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 48-6FLZ SNCUP	1 Each		373640

## Preparation Instructions

### Item Yield

1 Case = 48 Juice Cup, Orange, 100%, Frozen, Single-Serve

### Thawing Instructions

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

### Shelf Life

Frozen = 365 days from date of production

### Basic Preparation

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	63.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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





# 6 oz. Grape Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6395
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 48-6FLZ SNCUP	1 Each		373670

## Preparation Instructions

### Item Yield

1 Case = 48 Juice Cup, Grape, 100%, Frozen, Single-Serve

### Thawing Instructions

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

### Shelf Life

Frozen = 365 days from date of production

### Basic Preparation

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	27.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Strawberry Pop Tarts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6403
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Cinnamon Pop Tarts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6408
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Fudge Pop Tarts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6410
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Blueberry Pop Tarts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6412
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Salisbury Steak with brown gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6414
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	225.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	9.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	15.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.90mg

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

# Cocoa Puffs

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6415
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	4.50mg

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



# Lucky Charms

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6416
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	3.60mg

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

# Cinnamon Toast Crunch

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6417
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.00mg	<b>Iron</b>	2.50mg

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

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6424
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

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

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# Fresh Roasted Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6431
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup		732478
SALT SEA 36Z TRDE	0/1 Teaspoon		748590
SPICE BLND ORIG 3-21Z MDASH	0/1 Teaspoon		265103
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Lay broccoli florets on parchment lined sheet tray in a single layer.

Spray with butter spray. Sprinkle a mix of Mrs. Dash and sea salt on top.

Roast in 375\* oven until lightly browned 8-10 minutes.

Hold in warmer uncovered until service 140-160°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	15.45		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	37.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	283.47IU	<b>Vitamin C</b>	40.59mg
<b>Calcium</b>	21.39mg	<b>Iron</b>	0.33mg

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

# Apple Slices

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6436
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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# Fresh Fruit Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6437
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL MALIBU MIX 8 P/L	1/4 Cup		809581
STRAWBERRY 8 MRKN	1/4 Cup		212768

## Preparation Instructions

Wash and cut tops off strawberries. Quarter with a a paring knife.

Mix fruit 1 8lb fruit mix, with 1 8lb fresh strawberry.

4oz serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	48.63
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.08mg
<b>Carbohydrates</b>	11.94g
<b>Fiber</b>	1.66g
<b>Sugar</b>	9.67g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 606.80IU	<b>Vitamin C</b> 51.94mg
<b>Calcium</b> 19.07mg	<b>Iron</b> 0.23mg

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

# Chicken Sandwich Trimmings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6439
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 24CT MRKN	1 Ounce	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.	284998
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	1 Ounce	These crinkle-cut pickles provide a fresh, crisp texture and a blended garlic and dill flavor.	557846
TOMATO SLCD 1/4 5 RSS	1 Slice	This is a cleaned, sliced, and ready-to-use tomato, packaged with about 120-126 slices per five-pound tray. Brand may vary.	786535

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	11.99
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	269.00mg
<b>Carbohydrates</b>	2.66g

<b>Fiber</b>	0.28g		
<b>Sugar</b>	0.63g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	23.49mg	<b>Iron</b>	0.51mg

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# Crispy French Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6440
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	170.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	0.60mg

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# Cheesy Bean Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6441
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 1/2 Ounce	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## Preparation Instructions

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE.

5.28 oz = 1/2 cup bean/legume

Garnish with shredded cheese

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	10.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.88mg

**Calcium** 50.54mg **Iron** 2.30mg

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# Corn

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6504
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	67.47		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	16.13g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Egg Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6506
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG 3Z 4-18CT GLDT	1 Each		612316

## Preparation Instructions

COOKING INSTRUCTIONS ARE BASED ON A FULL SIZE SHEET PAN WITH APPROXIMATELY 54 EGGS ROLLS.

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F.

FILL LARGE (16"X24") BAKING TRAY WITH FROZEN EGG ROLLS AND COOK FOR 21-22 MINUTES. ROTATE TRAY HALFWAY THROUGH BAKING TIME.

PLACE IN WARMER UNCOVERED UNTIL SERVICE.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	0.72mg

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

# Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6508
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRD VEG 4-3# AMOY	1/2 Cup	<p><b>BAKE</b></p> <p>Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 14:30 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 45 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Kitchen Steamer Instructions Steamer: On seam side, puncture 6 holes into the bag. Place seam side up and Steam for 45-50 minutes. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use Caution: Contents will be VERY HOT. Stir thoroughly before serving.</p>	198414

## Preparation Instructions

Each 48 ounce package equals (12) 1/2 cup servings.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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# Cheesy Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6513
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	1 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930

## Preparation Instructions

"OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

FILL BAKING PAN WITH 54 MAXSTIX .CONVECTION OVEN: BAKE AT 375F FOR 10 TO 12 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.

CONVENTIONAL OVEN: BAKE AT 400F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F."

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	145.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	9.50g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	180.00mg	<b>Iron</b>	0.95mg

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

# Peach cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6514
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP 96-4.4Z COMM	1 Each	THAW UNOPENED CUPS OF PEACHES OVERNIGHT IN THE REFRIGERATOR, SPACING CONTAINERS ON SHELVES FOR GOOD AIR CIRCULATION.	232470

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Strawberry Craisins

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6515
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

## Preparation Instructions

Item Yield

1 Case = 200 Cranberries, Craisins, Strawberry, Dried

Thawing Instructions

NONE

Shelf Life GROCERY (DRY) = USE BY EXPIRATION DATE

Basic Preparation

NO PREPARATION REQUIRED

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Carnival Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6517
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CARNIVAL WGRAIN 240-1.5Z	1 Each		179801

## Preparation Instructions

CONVECTION OVEN 300F 11-13 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, NUMBER OF COOKIES BAKED, OVEN AIR FLOW AND OVEN TEMPERATURE ACCURACY. PLACE COOKIES 2 INCHES APART ON PARCHMENT PAPER. COOKIES SHOULD COOL FOR 20-30 MINUTES PRIOR TO REMOVING FROM THE PARCHMENT PAPER. COOKIES ARE STILL BAKING WHILE COOLING ON THE PAN.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

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# Pineapple

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6519
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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# Banana

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6520
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Crinkle Cut Carrot Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6524
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	44.44		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	10.67g		
<b>Fiber</b>	3.56g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	0.89g		
<b>Vitamin A</b>	19022.22IU	<b>Vitamin C</b>	6.93mg
<b>Calcium</b>	37.33mg	<b>Iron</b>	0.32mg

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

# Celery Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6530
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	8.70		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	49.60mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	278.38IU	<b>Vitamin C</b>	1.92mg
<b>Calcium</b>	24.80mg	<b>Iron</b>	0.13mg

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# Mexican Rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup	<b>Basic Preparation</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	96.85		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	409.05mg		
<b>Carbohydrates</b>	21.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	339.98IU	<b>Vitamin C</b>	9.06mg
<b>Calcium</b>	17.90mg	<b>Iron</b>	1.85mg

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# Turkey Pot Roast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6538
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY POT RST CKD 4-5 GCHC	3 1/2 Ounce		370030

## Preparation Instructions

### Thawing Instructions

FOR BEST YIELD, PERFORMANCE, AND RESULTS, ALWAYS PREPARE FROM FRESH STATE. IF FROZEN THAW OVERNIGHT UNDER REFRIGERATION.

### Shelf Life

COOLER= 100 DAYS FROM DATE OF PACK.

### Basic Preparation

CONVENTIONAL OVEN: 1. PREHEAT OVEN TO 350\* F 2. REMOVE PRODUCT FROM BAG AND PLACE IN AN OVEN SAFE DISH 3. COVER DISH WITH ALUMINUM FOIL. 4. HEAT POT ROAST FOR APPROXIMATELY 30 - 40 MINUTES, UNTIL INTERNAL TEMPERATURE REACHES 150\* F. 5. TO BROWN, REMOVE ALUMINUM FOIL FOR LAST 10 MINUTES OF REHEATING. MICROWAVE OVEN: 1. REMOVE PRODUCT FROM BAG AND PLACE IN A MICROWAVE PROOF CONTAINER. 2. HEAT ON HIGH FOR 12 MINUTES, ROTATE PLATE AND COOK FOR AN ADDITIONAL 4 MINUTES OR UNTIL INTERNAL TEMP REACHES 150\* F. 3. HEATING TIMES MAY VARY DEPENDING ON THE TYPE OF MICROWAVE OVEN.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	119.00
<b>Fat</b>	4.20g
<b>SaturatedFat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.00mg
<b>Sodium</b>	385.00mg
<b>Carbohydrates</b>	3.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.70g
<b>Protein</b>	16.10g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.00mg	<b>Iron</b>	1.26mg

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

# Baked Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6547
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	3 Ounce	Wash Potatoes.	233293

## Preparation Instructions

Preheat oven to 400°F

Place potatoes in a single layer on a foil lined sheet tray.

Spray with butter spray.

Sprinkle with sea salt and pepper.

Poke each potato with a fork to prevent exploding potato bombs.

Bake for 50-60 minutes until centers of potatoes are soft.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	65.50		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.10mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	1.70IU	<b>Vitamin C</b>	16.75mg
<b>Calcium</b>	10.20mg	<b>Iron</b>	0.66mg

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# Sugar Snap Peas

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6549
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP STRINGLESS 10 P/L	1/2 Cup		778214

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	13.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.50mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	350.00IU	<b>Vitamin C</b>	18.90mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.63mg

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

# Breaded Pork Chop

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6579
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	Thawing Instructions Do not thaw. Prepare from frozen.	661950

## Preparation Instructions

### Basic Preparation

Preheat oven to 375 degrees F. Lay out patties on an oven sheet pan in a single layer. Heat for 13-15 minutes or until heated through.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.62mg

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

# Chicken Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6584
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 2/5 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.	154900
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon		222313
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340

## Preparation Instructions

Serve 3.4oz chicken fajita in shell

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	318.67		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.00mg		
<b>Sodium</b>	1179.33mg		
<b>Carbohydrates</b>	35.33g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.33mg	<b>Iron</b>	2.00mg

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





# Beef Soft Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6590
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	3 Ounce		110520
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon		222313
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
SALSA MILD THICK & CHNKY 4-138Z PACE	1 Ounce		704504

## Preparation Instructions

Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165\* F.

Drain fat and excess water. Crumble meat.

Mix 4 cups of salsa and 3/4 cup of taco seasoning.

Yields approx. 40 (3oz) servings

Place 3 oz of meat inside each tortilla shell

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	271.50		
<b>Fat</b>	15.43g		
<b>SaturatedFat</b>	5.48g		
<b>Trans Fat</b>	2.24g		
<b>Cholesterol</b>	58.21mg		
<b>Sodium</b>	458.05mg		
<b>Carbohydrates</b>	15.71g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	17.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	23.33mg	<b>Iron</b>	1.00mg
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# Corn & Black Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	<p><b>MICROWAVE</b> 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. <b>MICROWAVE: (1100W)</b> 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. <b>MICROWAVE: (2200W)</b> 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. <b>STOVE TOP:</b> 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. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> 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. <b>COMBI OVEN:</b> 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.25
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	113.64
<b>Fat</b>	2.84g
<b>SaturatedFat</b>	0.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	159.09mg
<b>Carbohydrates</b>	18.18g
<b>Fiber</b>	4.55g
<b>Sugar</b>	5.68g

<b>Protein</b>		4.55g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.14mg

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# Curly Fries

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	3 Ounce	<b>BAKE</b> 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. <b>CONVECTION</b> 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. <b>DEEP_FRY</b> FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

## Preparation Instructions

Do not cover in warmer.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

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

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



# Spicy Macaroni & Cheese

<b>Servings:</b>	85.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6598
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GCHC	10 Pound		413320
MILK WHT 1 4-1GAL RGNLBRND	1 Gallon		817801
BUTTER SUB 24-4Z BTRBUDS	2 Package		209810
CHEESE AMER YEL LOAF EZ MELT 6-5	10 Pound		164208
WATER SPRNG 4-1GAL GCHC	8 Cup		686860
SAUCE BUFFALO SAND 2-1GAL FRENC	1 Tablespoon		213990
SEASONING SRIRACHA 25.5Z TRDE	2 Tablespoon		685862

## Preparation Instructions

### PREPARATION

Cut cheese into cubes, place in pan, add milk, cover with plastic wrap and foil. Steam until melted.

Fill kettle half full with water and boil. (or steam) (or use tilt braiser)

Add Pasta. Cook for 6-7 minutes. Until al dente.

Mix butter buds and water.

Toss pasta, cheese sauce, buffalo sauce, sriracha seasoning and butter together.

Add milk if it becomes too dry.

Hold in warmer until service at 140-160°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	1.88
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 85.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	461.70
<b>Fat</b>	17.51g
<b>SaturatedFat</b>	10.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.00mg
<b>Sodium</b>	741.83mg
<b>Carbohydrates</b>	49.84g
<b>Fiber</b>	1.88g
<b>Sugar</b>	11.30g
<b>Protein</b>	20.52g

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<b>Vitamin A</b>	295.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	531.26mg	<b>Iron</b>	1.74mg

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# Mac & Cheese Bar Topppings

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6600
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
CHIX FAJT 30 COMM	1 Ounce		154900
BACON TOPPING CRUMBLES 10# HRML	1 Ounce		460584
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	1 Ounce		466240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.41
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	312.50		
<b>Fat</b>	20.62g		
<b>SaturatedFat</b>	10.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	103.95mg		
<b>Sodium</b>	1446.57mg		
<b>Carbohydrates</b>	3.80g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	1.98g		
<b>Protein</b>	27.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.27mg
<b>Calcium</b>	4.86mg	<b>Iron</b>	0.44mg

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

# Mini Ice Cream Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6807
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ SAND ICE CRM MINI 6-24CT	1 Each	READY TO EAT. DO NOT THAW	588725

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	50.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.00mg

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# Cheetos Puffs

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	<b>READY_TO_EAT</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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# Doritos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.30mg

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

# Fudge Cream Cookies

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6815
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FUDG CRM IW 8-24CT FLDSTN	1 Each	READY_TO_EAT Grab and Go, Ready to eat fudge cookie sandwich, individually wrapped for convenience and portion control. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	837500

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

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

# Sriracha Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7065
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512
SEASONING SRIRACHA 25.5Z TRDE	1 Teaspoon		685862

## Preparation Instructions

Mix Sriracha seasoning with orange sauce.

Toss with chicken before service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60 Serving

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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

# Pork Loin Roast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7066
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LOIN RST BNLS CKD 2-7AVG QUINC	3 Ounce		582948

## Preparation Instructions

### Thawing Instructions

THAW UNDER REFRIGERATION 24 HRS PRIOR TO COOKING.

### Shelf Life

FROZEN= 6 MO. EACH LOIN WEIGHS APPROX 5-7#.

### Basic Preparation

HEAT ROAST APPROXIMATELY 20 MIN PER LB TO AN INTERNAL TEMP OF 140 DEGREES F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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

# Funfetti Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7115
<b>School:</b>	WOODFORD COUNTY PRE-SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

## Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F. PLACE 12 (3X4) POUCHES ON A BAKING SHEET. CONVECTION OVEN: BAKE FOR 8-10 MINUTES IF FROZEN; 4-5 MINUTES IF THAWED. CONVENTIONAL OVEN: BAKE FOR 13-15 MINUTES IF FROZEN; 7-8 MINUTES IF THAWED. PANCAKES CAN BE HELD IN WARMER FOR UP TO 3 HOURS AT 150 DEGREES F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	220.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Tiger Chef Salad w/ muffin

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

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Broccoli & Cheese Casserole

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10761

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	24 Cup		359010
SAUCE CHS CHED 6-5 JTM	5 Pound	1 bag	271081
CRUMB CRACKER RITZ 10-1 NAB	1 Pound	1 bag of crackers per pan of casserole	194810
SOUP CRM OF CHIX 12-5 HLTHYREQ	3 1/2 Cup	1/2 can of soup	695513
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103
SALT SEA 36Z TRDE	1 Teaspoon		748590

## Preparation Instructions

Steam frozen broccoli for 10 minutes or thaw in cooler over night.

Thaw cheese over night in cooler.

For each pan measure 24 packed cups of broccoli.

Mix 1 bag of cheese and 1/2 can of cream of chicken soup.

Lightly season with Mrs. Dash & Cream of Chicken soup.

Bake uncovered @ 350 for 20 minutes.

Remove from oven and top with one bag of crushed Ritz crackers (Push the crackers into the casserole to help it soak in.

Bake @ 350 for 10 additional minutes.

Center of pan should be 160-180\*.

Leave in warmer uncovered @ 140-160\* until service

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 4.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		88.54	
<b>Fat</b>		5.43g	
<b>SaturatedFat</b>		2.86g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		17.11mg	
<b>Sodium</b>		317.38mg	
<b>Carbohydrates</b>		5.16g	
<b>Fiber</b>		1.28g	
<b>Sugar</b>		1.27g	
<b>Protein</b>		5.64g	
<b>Vitamin A</b>	250.73IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.55mg	<b>Iron</b>	0.50mg

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# Vanilla Ice Cream Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10888
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE GRM CUP VAN LT 4FLZ 3-24CT DEANS	1 Each		400783

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.00mg

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# Chocolate Ice Cream Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10889
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE GRM CUP CHOC LT 4FLZ 3-24CT	1 Each		400713

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	40.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.60mg

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# Strawberry Sundae Ice Cream Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10890
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP STRAWB SUND LT 3-24CT	1		400644

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Mixed Berry Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10891
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRY MIXED CUP FZ 96-4Z COMM	1 Each		450432

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Chicken & Cornbread Casserole

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11336

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD STRPS 1/2 30# GLDKST	5 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F. Steamer- 10 min.	187791
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #5 CAN		695513
STUFFING MIX CRNBRD 6- 56Z UBEN	28 Ounce		572013
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
Tap Water for Recipes	13 Cup	UNPREPARED	000001WTR

## Preparation Instructions

Warm Chicken in steamer or oven.

In a bowl mix 5 lbs of chicken with 1 can of cream of chicken (Or 10 lbs with 2 cans of cream of chicken)

In another bowl mix 11 cups of warm tap water with stuffing mixture.

Add 2 cups water with 2oz (1/2 bag) of butter buds and add to stuffing.

Spray a disposable foil pan with non- stick butter spray.

Spread 1/3 of stuffing in the bottom of pan.

Top with chicken mixture.

Top with remaining stuffing.

Bake at 325°F for 25 minutes uncovered.

Cover & hold in warmer at 140-150°F until service.

Use a heaping 4oz scoop for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.35
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00  
 Serving Size: 5.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	432.09
<b>Fat</b>	7.46g
<b>SaturatedFat</b>	1.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	86.61mg
<b>Sodium</b>	2064.81mg
<b>Carbohydrates</b>	60.37g
<b>Fiber</b>	2.24g
<b>Sugar</b>	5.05g
<b>Protein</b>	31.88g

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<b>Vitamin A</b>	366.03IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.65mg

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# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11898
<b>School:</b>	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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# Loaded potato soup

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11997
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON 22-26CT 15 SMTHF	1 Ounce	Bake 6 pieces of bacon put grease aside and crumble bacon	131971
CELERY DCD IQF 6-4 GCHC	1/2 Cup		261513
Diced Yellow Onions	1 Cup		Wilkens Food Service
Chicken Base	3 Teaspoon	Boil water you will need 3 cups add chicken base and mix. Let dissolve well before adding to soup mixture,	16001
CREAMER HLF & HLF 12-1QT GCHC	2 Cup	READY_TO_EAT Whitening coffee, cooking applications	487961
1-25 PLD WHOLE POTATOES B SZ	12 Piece	Peel and diced cook to tender	249149
Original with Sea Salt Wave	1 Teaspoon	READY_TO_EAT Ready to Eat	2742
SPICE PEPPER SHAKER 48-1.5Z	1/4 Teaspoon		225201
SOUR CREAM 12-8Z DAISY	8 Ounce		269663
FLOUR A/P 25# WINGOLD	1/3 Cup		357250
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

In large pan over medium heat, cook the bacon until crisp. Remove the bacon to paper towels to drain and pour the bacon drippings into a cup.

Put 2 Tablespoons of bacon drippings back into the pot along with the butter, chopped onion, and celery. Cook, stirring, until the vegetables are tender.

Stir in the flour until blended. Cook, stirring, for 2 minutes

Stir in the chicken base; cover and continue cooking, stirring frequently, until the mixture is thickened and vegetables are very tender.

Stir in half-and-half, diced potatoes, salt, pepper, and cheese. Continue cooking until cheese is melted.

Blend the soup until smooth and add the sour cream.

Cook, stirring constantly, until soup is hot.

Serve the soup can garnished with the crumble bacon if desired.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	111.60		
<b>Fat</b>	7.47g		
<b>SaturatedFat</b>	4.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	84.21mg		
<b>Carbohydrates</b>	7.94g		
<b>Fiber</b>	0.49g		
<b>Sugar</b>	2.42g		
<b>Protein</b>	2.68g		
<b>Vitamin A</b>	31.25IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	109.81mg	<b>Iron</b>	0.25mg

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# Very Berry Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.23 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13825
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each	Chill prior to serving.	698391

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Ounce

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.00mg

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

# Apple Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.23 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13827
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each	Chill prior to service.	698744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Ounce

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	0.00mg

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# Orange Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.23 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13828
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Ounce

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Grape Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.23 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13829
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	1 Each	chill prior to service	698211

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Ounce

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.00mg

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# Fruit Punch Juice Box

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.23 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13830
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Ounce

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	0.00mg

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# Apple Juice Box (6oz)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13831
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	0.00mg

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

# Fruit Punch Juice Box (6oz)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13832
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Orange Juice Box (6oz)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13833
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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# Non-fat White Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14025

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Non-fat White Milk	1 Cup		1122

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Mini Blueberry Muffins

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14029
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB MINI .9Z 2-54CT CP	3 Each	READY_TO_EAT Leave frozen muffins in tray with plastic wrap on.	153168

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	6.75g		
<b>SaturatedFat</b>	1.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.75mg		
<b>Sodium</b>	187.50mg		
<b>Carbohydrates</b>	54.00g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	20.25g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.50mg	<b>Iron</b>	0.83mg

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



# Mini Chocolate Muffins

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14030
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC CHNK .9Z 2-54CT SL	3 Each		448449

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
<b>Calories</b>	510.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	345.00mg		
<b>Carbohydrates</b>	73.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	40.50g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.50mg

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# Roasted Zucchini, Tomatoes & Squash

<b>Servings:</b>	6.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14031
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI MED 20AVG MRKN	1 Cup	Wash under potable water	198927
SQUASH MED YEL S/N 17AVG MRKN	1 Cup	Wash under potable water	198935
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon		460095
SALT SEA 36Z TRDE	1 Teaspoon		748590
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
OIL OLIVE POMACE 6-1GAL KE	1 Teaspoon		502146
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

## Preparation Instructions

Preheat oven to 400°F.

Cut vegetables into 1/2 inch thick slices. Leave grape tomatoes whole

Place vegetables on parchment lined paper.

Drizzle with olive oil.

Sprinkle with Garlic herb seasoning, sea salt, and pepper

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.08
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	37.52		
<b>Fat</b>	2.33g		
<b>SaturatedFat</b>	0.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.17mg		
<b>Sodium</b>	415.27mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	0.98g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.05g		
<b>Vitamin A</b>	316.80IU	<b>Vitamin C</b>	6.06mg
<b>Calcium</b>	55.70mg	<b>Iron</b>	0.20mg

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# Bacon Egg & Cheese Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14132
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.08Z	1 Each	<b>Thawing Instructions</b> For best results, thaw before heating. Heating times may vary. Thawing Instructions: Remove product from case. Place wrapped breadstick in a single layer on trays. Thaw for 12 hours or overnight in refrigerator.	868651

## Preparation Instructions

Oven temperatures may vary. Adjust baking times and/or temperatures as necessary. Convection Oven: Preheat convection oven to 350 degrees F with fan on. Place wrapped breadstick on baking sheet. For a crispy crust open one end of wrapper before baking. Thawed: Bake 10-12 minutes or until a minimum internal temperature of 165 degrees F has been reached. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	170.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.00mg	<b>Iron</b>	1.00mg

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# Strawberry Applesauce

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14133
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Sausage Taco Crispy Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14158

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST MAPL WGRAIN 18-8CT	1 Each	Thawing Instructions Cook from frozen	514113

## Preparation Instructions

### Basic Preparation

Conventional Oven, Convection Oven, Deep Fryer, Roller Grill. Cook to an internal temperature that reaches or exceeds 161 degrees F. Convection Oven: Fan on High. From frozen 13 minutes at 350 degrees F. From thawed, 9 minutes at 350 degrees F. Place tornados evenly 1 inch apart on a cooking sheet. Place in preheated oven for the time necessary. Bake. Let rest for 1 minute.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	180.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Turkey Sausage Pancake Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14159

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	4 Each	Thawing Instructions FROM THAWED OR FROZEN. THAW OVERNIGHT IN COOLER IN CASE OR IN COVERED TRAYS	696180

## Preparation Instructions

### Basic Preparation

COOK FROM THAWED OR FROZEN IN A MICROWAVE, CONVECTION OR CONVENTIONAL OVEN. PRODUCT IS ALREADY COOKED, JUST NEEDS TO BE COOKED TO AN INTERNAL TEMPERATURE OF 160°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	373.33mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	2.40mg

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

# Bacon Boat Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14160

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	1 Each	Thawing Instructions Cooking from frozen state is recommended	552690

## Preparation Instructions

### Basic Preparation

Product must be cooked from frozen state. Convection Oven: Preheat oven to 375 degrees. Place unopened wrapper with pizza on a pan. Bake 15-17 minutes or until internal temperature reaches a minimum of 165 degrees. Conventional Oven: Preheat oven to 400 degrees. Place unopened wrapper with pizza on a pan. Bake 18-20 minutes or internal temperature reaches a minimum of 165 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 1.50mg

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



# Mini Powdered Donuts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	Thaw at room temperature	738201

## Preparation Instructions

Basic Preparation

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	1.00mg

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

# Mini Chocolate Donuts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14162

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	Thaw at room temperature	738181

## Preparation Instructions

Basic Preparation

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.00mg	<b>Iron</b>	2.00mg

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

# Warm Cocoa Puffs Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14163

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cocoa Puffs Bar	1 Each	GFS# 880370	1110320000

## Preparation Instructions

Heat & Serve: Heat frozen filled bars in an ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in a convection oven for 8-9 minutes\* or conventional oven from 13-14 minutes\*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. \*Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Warm Cinnamon Toast Crunch Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14166

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Toast Crunch Bar	1 Each		1109780000

## Preparation Instructions

Heat & Serve: Heat frozen filled bars in an ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in a convection oven for 8-9 minutes\* or conventional oven from 13-14 minutes\*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. \*Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Mild Salsa Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14172
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	15.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	345.00mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Sour cream

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14174
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.00mg

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# Shredded Lettuce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14175
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1/2 Cup	KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	305812

## Preparation Instructions

To shred a head of lettuce by hand, first cut the head through the core into quarters.

Place a quarter section, with a cut side down, on a cutting board.

Hold a cleaver or chef's knife perpendicular to the cabbage or lettuce. Slice it into long 1/8- to 1/4-inch-thick shreds.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	5.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.18mg

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

# Shredded Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14176
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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



# Homemade Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14177
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ LMPS SHRD FTHR 4-5#	2 Ounce		265041
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	3/4 Ounce		100234
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
PEPPERONI SLCD 14-16/Z 2-5 GCHC	3 Each		729981

## Preparation Instructions

1 crust- 6oz sauce- 8oz cheese per pizza- 24 pepperoni.

Bake at 350°F for 8-10 minutes.

Slice into 8 even slices.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	379.38
<b>Fat</b>	17.44g
<b>SaturatedFat</b>	10.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.63mg
<b>Sodium</b>	876.44mg
<b>Carbohydrates</b>	31.63g
<b>Fiber</b>	1.75g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.88g

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<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	1.35mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.27mg

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

# Homemade Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14178
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	3/4 Ounce		100234
CHEESE MOZZ LMPS SHRD FTHR 4-5#	2 Ounce		265041

## Preparation Instructions

1 crust- 6oz sauce- 8oz cheese per pizza.

Bake at 350°F for 8-10 minutes.

Slice into 8 even slices.

### Meal Components (SLE)

Amount Per Serving

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

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		353.13	
<b>Fat</b>		15.00g	
<b>SaturatedFat</b>		9.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		775.00mg	
<b>Carbohydrates</b>		31.63g	
<b>Fiber</b>		1.75g	
<b>Sugar</b>		3.50g	
<b>Protein</b>		20.75g	
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	1.35mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.21mg

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# Homemade Sausage Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14180
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	1/8 Cup		100234
CHEESE MOZZ LMPS SHRD FTHR 4-5#	2 Ounce		265041
SAUSAGE ITAL CHNK CKD W/TV40/Z 10PG	1/8 Cup		499552

## Preparation Instructions

1 crust- 6oz sauce- 8oz cheese per pizza- 40 sausage. (5 per slice)

Bake at 350°F for 8-10 minutes.

Slice into 8 even slices.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	397.20
<b>Fat</b>	18.38g
<b>SaturatedFat</b>	10.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.80mg
<b>Sodium</b>	904.00mg
<b>Carbohydrates</b>	33.16g
<b>Fiber</b>	2.04g
<b>Sugar</b>	4.08g
<b>Protein</b>	23.12g

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<b>Vitamin A</b>	208.00IU	<b>Vitamin C</b>	1.87mg
<b>Calcium</b>	25.20mg	<b>Iron</b>	2.62mg

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# Ranch Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14182
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Rice Krispie Treat

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14184
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.60mg

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# Caramel Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14185
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Marinara Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14186
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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# Berries & Unicorn Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14188
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	4 Ounce	Wash under cool potable water	212768
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
SPRINKLES RAINBOW DECOR 25Z GCHC	1 Teaspoon		421620

## Preparation Instructions

Pipe whipped cream into 4oz container.

Top with sprinkles and berries

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	68.77
<b>Fat</b>	2.36g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.16mg
<b>Carbohydrates</b>	12.89g
<b>Fiber</b>	2.31g
<b>Sugar</b>	8.33g
<b>Protein</b>	0.80g

<b>Vitamin A</b>	13.61IU	<b>Vitamin C</b>	66.68mg
<b>Calcium</b>	18.14mg	<b>Iron</b>	0.46mg

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# Chicken Rings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14189
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chix Rng Thngs Brd 6-5 Gldkst	5 Each	Prepare from frozen state.	217722

## Preparation Instructions

### Basic Preparation

Conventional oven: 10-14 minutes at 350 degrees F. Convection oven: 6-8 minutes at 350 degrees F. Appliances vary, adjust heat times accordingly.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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# Biscuit Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14193
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	1 1/4 Ounce	<b>BAKE</b> Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

## Preparation Instructions

Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Emoji Taters

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14198
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	5 Each	SERVE 5 EACH	538872

## Preparation Instructions

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

Hold in warmer uncovered until service at 140-160°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	22.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Corn on the Cob

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14199
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SWT IN HUSK 48CT P/L	1/2 Cup		198579

## Preparation Instructions

Steam Corn for 15- 20 minutes.

Remove husk.

Hold in warmer until service at 150-160 \*F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	62.35		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.90mg		
<b>Carbohydrates</b>	13.50g		
<b>Fiber</b>	1.45g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	135.58IU	<b>Vitamin C</b>	4.93mg
<b>Calcium</b>	1.45mg	<b>Iron</b>	0.38mg

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# Chef Salad Box w/ Hawaiian Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14201
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	1 Ounce	Slice into bite sized pieces	110600
TURKEY BRST DELI 8-5# COMM	1 Ounce		765991
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE ROMAINE HERIT BLND 4-2 RSS	16 Ounce		165761
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce	READY TO EAT	741050
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	WASH Thoroughly	129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup	WASH Thoroughly	418439
Hawaiian Roll	1 Each	SEE HAWAIIAN ROLL RECIPE	149052

## Preparation Instructions

ASSEMBLE NICELY IN TO GO CONTAINER

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	4.71
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	316.98
<b>Fat</b>	8.41g
<b>SaturatedFat</b>	4.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.40mg
<b>Sodium</b>	600.68mg
<b>Carbohydrates</b>	31.57g
<b>Fiber</b>	11.73g
<b>Sugar</b>	16.28g

<b>Protein</b>	26.43g
<b>Vitamin A</b> 388.50IU	<b>Vitamin C</b> 6.53mg
<b>Calcium</b> 270.02mg	<b>Iron</b> 4.27mg

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

# Cheesy Bacon Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14202
<b>School:</b>	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

<b>Meat</b>	1.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	170.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14203
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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

Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake in a convection oven at 325 degrees F for 19-23 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.60mg

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# Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14205
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK R/SOD 6-5# JTM	2 Ounce	Heat from frozen	149910

## Preparation Instructions

### Basic Preparation

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

#### Amount Per Serving

<b>Calories</b>	88.61		
<b>Fat</b>	6.08g		
<b>SaturatedFat</b>	3.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.66mg		
<b>Sodium</b>	264.30mg		
<b>Carbohydrates</b>	4.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.51g		
<b>Protein</b>	3.54g		
<b>Vitamin A</b>	26.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.67mg	<b>Iron</b>	0.51mg

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# Hash brown

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14206
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

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

## Preparation Instructions

OVEN RECONSTITUTION CONVECTION: BAKE 7 UNITS AT 400F FOR 12 MINUTES. CONVENTIONAL: BAKE 7 UNITS AT 450F FOR 18 MINUTES. FRY: 7 UNITS AT 350F FOR 2 MINUTES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Ketchup Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14207
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	35.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Ketchup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14208
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT SCHOOL 1000-7GM HNZ	1 Each		852406

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	65.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Honey Mustard

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14209
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	45.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# BBQ

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14210
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Chicken & Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14211
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK SQ FLT 132-1.7Z KRUST	1 Each	Please follow preparation instructions as printed on the consumer packaging.	645333
Strips are batter breaded with whole grain enriched wheat flour and modified crumb style breading.	2 Serving		R-5715

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.19
<b>Grain</b>	3.61
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	710.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	120.00mg		
<b>Sodium</b>	1260.00mg		
<b>Carbohydrates</b>	51.50g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	50.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	3.00mg

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# Hawaiian Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14231
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 1/4 Ounce		149052

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.90mg

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

# Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14233
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Chocolate Strudel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14234
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	<p><b>HEAT_AND_SERVE</b> Heat &amp; Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within</p> <p><b>READY_TO_EAT</b> Heat &amp; Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321722

## Preparation Instructions

Heat frozen crescent rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes or conventional oven from 10-12 minutes. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. Bake times will vary by oven type of load.

### Meal Components (SLE)

Amount Per Serving

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

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	230.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

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# Try Day Friday Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14235
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON BIN 35CT P/L	1/2 Cup		764521
Honeydew 6ct Case	1 Cup		08110

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	30.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.50mg		
<b>Carbohydrates</b>	7.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

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



# Sweet Pepper Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14239
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED BELL 1-10	1/2 Cup	Wash peppers under cool potable water.	626731

## Preparation Instructions

Cut into sticks.

4oz per serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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# Pickles

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14240
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Slice

Amount Per Serving			
<b>Calories</b>	4.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.17mg

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# Potato Wedges

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.85 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14241
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES JOJO JR SEAS 6-5# LAMB	2 6/7 Ounce		445353

## Preparation Instructions

CONVECTION OVEN COOK AT 400 DEGREES F FOR 12 - 15 MINUTES. CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 20 - 25 MINUTES. IMPINGEMENT OVEN COOK AT 450 DEGREES FOR 8 - 11 MINUTES.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.85 Ounce

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.00mg	<b>Iron</b>	0.70mg

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# Raw Pickles

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14242
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1/2 Cup	wash under cool potable water	418439
WATER SPRNG 4-1GAL GCHC	1 Fluid Ounce		686860
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Tablespoon		629640
SALT SEA 36Z TRDE	1/8 Teaspoon		748590
SPICE PEPR BLK REG GRIND 16Z TRDE	1/8 Teaspoon		225037

## Preparation Instructions

Cut into Coins.

Pour equal parts vinegar and water over cucumbers and seasoning.

Store under refrigeration until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	9.20		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	286.50mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	27.30IU	<b>Vitamin C</b>	0.73mg

<b>Calcium</b>	4.16mg	<b>Iron</b>	0.08mg
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# Berries & Grapes

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14243
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	2 Ounce	wash under cool potable water	212768
GRAPES RED LUNCH BUNCH 21AVG MRKN	2 Ounce	wash under cool potable water	280895

## Preparation Instructions

Fill 6oz container with half berries and half grapes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.35
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	45.63		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.58mg		
<b>Carbohydrates</b>	11.44g		
<b>Fiber</b>	1.41g		
<b>Sugar</b>	8.67g		
<b>Protein</b>	0.65g		
<b>Vitamin A</b>	6.80IU	<b>Vitamin C</b>	33.34mg
<b>Calcium</b>	12.82mg	<b>Iron</b>	0.48mg

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# Lasagna Roll Ups

<b>Servings:</b>	21.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14244
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	21 Each		234041
SAUCE SPAGHETTI POUCH 6-106Z PREGO	4 Cup		315729

## Preparation Instructions

Keep lasagna frozen until ready to cook.

Spray a standard size hotel pan with non-stick spray

Spread 2 cups of spaghetti sauce evenly across the bottom of hotel pan

Shingle lasagna in the pan 3x7

Cover with remaining 2 cups of spaghetti sauce

Cover with foil

Bake at 350°F for 40 minutes or

until reaching a minimum internal temperature of 165°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	266.67		
<b>Fat</b>	6.57g		
<b>SaturatedFat</b>	3.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	572.86mg		
<b>Carbohydrates</b>	33.95g		
<b>Fiber</b>	3.14g		
<b>Sugar</b>	8.81g		
<b>Protein</b>	15.76g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	6.00mg

<b>Calcium</b>	307.62mg	<b>Iron</b>	1.49mg
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# 3 Cheese Curly Pasta

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14245
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193

## Preparation Instructions

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
<b>Calories</b>	314.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	801.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	616.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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# Chicken Nuggets

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14248
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.80
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	192.00		
<b>Fat</b>	11.20g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	352.00mg		
<b>Carbohydrates</b>	12.80g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	11.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	1.52mg

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# Sausage Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14249
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	121.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.00mg
<b>Sodium</b>	172.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.00mg

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

# Chicken Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14250
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562

## Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Serve 8 each

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.86
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

#### Amount Per Serving

<b>Calories</b>	262.86		
<b>Fat</b>	14.86g		
<b>SaturatedFat</b>	2.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.86mg		
<b>Sodium</b>	388.57mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	14.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.57mg	<b>Iron</b>	2.29mg

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# Blue Doritos

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14252
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	<b>READY_TO_EAT</b> 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.	541502

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.30mg

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# White Doritos

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14253
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP WHT NACHO R/F 72-1Z DORITO	1 1 oz bag	READY_TO_EAT	163431

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Southwest Fiestada

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14254
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Roasted Red Potatoes & Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14255
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED A SZ 50 MRKN	2 Ounce	Wash under cool potable water	530018
CARROT BABY WHL CLEANED 12-2 RSS	2 Ounce	Wash under cool potable water	510637
SALT SEA 36Z TRDE	1/10 Teaspoon		748590
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103
OIL OLIVE POMACE 6-1GAL KE	1 Teaspoon		502146

## Preparation Instructions

Quarter potatoes.

Drizzle with olive oil.

Sprinkle with sea salt and Ms. Dash.

Bake at 400\* until golden brown approx 15-20 min.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	110.92
<b>Fat</b>	5.07g
<b>SaturatedFat</b>	0.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	263.40mg
<b>Carbohydrates</b>	15.34g
<b>Fiber</b>	3.05g
<b>Sugar</b>	3.35g
<b>Protein</b>	1.13g
<b>Vitamin A</b> 10701.13IU	<b>Vitamin C</b> 15.07mg



**Calcium** 25.48mg      **Iron** 0.62mg

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

# Mustard

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14256
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

# Mayo

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14257
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	35.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Double Strawberry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14276
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
Strawberry Cup	4 Ounce		100256
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	<b>READY_TO_EAT</b> 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
STRAWBERRY 8 MRKN	1 Ounce		212768

## Preparation Instructions

Assemble ingredients in to- go parfait cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Serving

#### Amount Per Serving

<b>Calories</b>	309.07	
<b>Fat</b>	5.09g	
<b>SaturatedFat</b>	1.00g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	7.50mg	
<b>Sodium</b>	145.29mg	
<b>Carbohydrates</b>	58.78g	
<b>Fiber</b>	4.36g	
<b>Sugar</b>	39.83g	
<b>Protein</b>	9.09g	
<b>Vitamin A</b>	53.40IU	<b>Vitamin C</b> 16.67mg

**Calcium** 179.54mg **Iron** 0.84mg

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# Neapolitan Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14277
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
Strawberry Cup	1/2 Cup	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
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
STRAWBERRY 8 MRKN	1 Ounce		212768
SYRUP CHOC 24-24Z HERSH	1 Tablespoon		433941

## Preparation Instructions

Mix chocolate syrup with yogurt.

Layer strawberry cup, chocolate yogurt and vanilla yogurt.

Garnish with strawberry.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.17
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	284.07
<b>Fat</b>	5.09g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	150.29mg
<b>Carbohydrates</b>	53.67g

<b>Fiber</b>		3.80g	
<b>Sugar</b>		35.83g	
<b>Protein</b>		8.31g	
<b>Vitamin A</b>	53.40IU	<b>Vitamin C</b>	16.67mg
<b>Calcium</b>	181.59mg	<b>Iron</b>	1.51mg

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# Apple Crisp Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14278
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
BAR CEREAL APPLCINN RICE KRPY96-1.27Z	1 Each		833830
TOPPING CRML 6-5 GCHC	1 Teaspoon		269204
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	1/2 Cup		507942

## Preparation Instructions

Layer apples, yogurt and caramel drizzle serve with rice Krispy bar.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	341.53		
<b>Fat</b>	4.62g		
<b>SaturatedFat</b>	1.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.00mg		
<b>Sodium</b>	201.42mg		
<b>Carbohydrates</b>	71.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	47.33g		
<b>Protein</b>	7.07g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	247.31mg	<b>Iron</b>	1.00mg

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



# Peaches & Cream Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14281
<b>School:</b>	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	649742
PEACH CUP 96-4.4Z COMM	1 Each		232470
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Serving

#### Amount Per Serving

<b>Calories</b>	312.50		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	57.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	39.50g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	175.00mg	<b>Iron</b>	0.72mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Cheesy Omelet

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14282
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	Thawing Instructions THAW UNDER REFRIGERATION OVERNIGHT PRIOR TO COOKING	554470

## Preparation Instructions

BAKE

Convection or Combination Oven: Preheat oven to 350°F,

Line sheet trays with pan liner or parchment paper,

Place product on sheet trays, For bulk product, cover with foil prior to placing in oven.

Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	1.00mg

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# Cinnamon Raisin Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14283
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each	Thaw at room temperature for 1 hour. 3 day ambient shelf life, 8 day refrigerated shelf life.	672141

## Preparation Instructions

No preparation required

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

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

# Blueberry Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14284
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911

## Preparation Instructions

Serve at room temperature and place in oven and warm. The product can be microwaved.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

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# White Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14286
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911

## Preparation Instructions

No preparation required

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

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# Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14287
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LT CUP 100-1Z PHIL	1 Each		124960

## Preparation Instructions

No preparation required. Cups can be placed in a bowl of ice to keep cool.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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

# Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14299
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LT CUP 100-1Z PHIL	1 Each		124960

## Preparation Instructions

No preparation required. Cups can be placed in a bowl of ice to keep cool.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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



# Strawberry Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14301
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106

## Preparation Instructions

No preparation required. Cups can be placed in a bowl of ice to keep cool.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	90.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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

# Dutch Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14302
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each	Prepare from frozen state	607351

## Preparation Instructions

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

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

# Homemade French Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14303
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Homemade Bacon Breakfast Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14305
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	8 Slice	Store Frozen	626930
EGG SCRMBD LIQ BLND 6-5 GCHC	1 Cup	THAW UNDER REFRIGERATION	465798
BACON TOPPING CRUMBLES 10# HRML	4 Ounce		460584
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Ounce		448010
CHEESE MOZZ LMPS SHRD FTTHR 4-5#	2 Ounce		265041

## Preparation Instructions

FREEZER TO OVEN: ADD EGGS, CHEESE, AND TOPPINGS.

BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN.,CONVECTION OVEN: 375 F FOR 9 - 11 MINUTES.

SERVE WHILE HOT.

THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75 F) ,ADD SAUCE, CHEESE, AND TOPPINGS.

BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN.,CONVECTION OVEN: 375 F (190 C) FOR 8 - 10 MINUTES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.35
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	301.64
<b>Fat</b>	12.15g
<b>SaturatedFat</b>	5.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.96mg
<b>Sodium</b>	876.59mg
<b>Carbohydrates</b>	30.29g
<b>Fiber</b>	1.10g
<b>Sugar</b>	2.79g
<b>Protein</b>	18.53g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.14mg
<b>Calcium</b> 35.93mg	<b>Iron</b> 2.27mg

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# Homemade Sausage Breakfast Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14306
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	8 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
GRAVY MIX BISC 6-1.5 PION	8 Ounce		281719
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	4 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
CHEESE MOZZ LMPS SHRD FTHR 4-5#	2 Ounce		265041
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
EGG SCRMBD LIQ BLND 6-5 GCHC	1 Cup		465798

## Preparation Instructions

FREEZER TO OVEN: ADD EGGS, CHEESE, AND TOPPINGS.

BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN.,CONVECTION OVEN: 375 F FOR 9 - 11 MINUTES.

SERVE WHILE HOT.

THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75 F).,ADD SAUCE, CHEESE, AND TOPPINGS.

BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN.,CONVECTION OVEN: 375 F (190 C) FOR 8 - 10 MINUTES.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.72
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	311.20		
<b>Fat</b>	13.33g		
<b>SaturatedFat</b>	6.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.85mg		
<b>Sodium</b>	748.80mg		
<b>Carbohydrates</b>	33.37g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.59g		
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.38mg	<b>Iron</b>	2.05mg

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# Nacho Cheese Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14327
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Cup		528690

## Preparation Instructions

Serve warm

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	333.00mg	<b>Iron</b>	0.00mg

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



# Doritos Top N Go

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14328
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	0.40mg

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

# Tostitos Top N Go

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14329
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Hot Dog Chili

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14332
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI HOT DOG W/MT &BEAN 6-10 HRTHSTN	1/4 Cup		103063

## Preparation Instructions

RTU-CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. MICROWAVE-PLACE PREPARED PRODUCT INTO MICROWAVE SAFE COVERED CONTAINER. HEAT ON HIGH APPROXIMATELY 2-3 MINUTES PER PORTION OR UNTIL CENTER REACHES 160-165 DEGREES F. STOVE TOP-PLACE UNCOVERED PREPARED PRODUCT OVER MEDIUM HEAT FOR 10-15 MINUTES OR UNTIL CENTER REACHES 160-165 DEGREES F, STIRRING OCCASIONALLY TO PREVENT SCORCHING.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.00mg	<b>Iron</b>	1.00mg

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# Stuffed Crust Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14339
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Cup		261680

## Preparation Instructions

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 400°F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 360.00mg	<b>Iron</b> 2.60mg

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# Stuffed Crust Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14340
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Cup		259910

## Preparation Instructions

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.20mg

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

# Strawberry Shortcake Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14343
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY STRAWB SHRTCK WGRAIN 240-1Z	1 Each		459482

## Preparation Instructions

Bake and serve. Baking instructions: Preheat oven to 325 degrees F. Place cookies 3 inches apart on lined pan. Bake cookies for 7-9 minutes (baking times may vary). Pan rotation is recommended halfway through for an even bake. Remove from oven and allow to cool before removing from pan.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

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

# Crispy Chicken Patty Sandwich

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

## Ingredients

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

## Preparation Instructions

Basic Preparation

Assemble sandwich prior to service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.90mg

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# Very Berry Juice Box (6oz)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14425
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Tiger Chicken Salad w/ croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14435
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	2 Ounce	Wash Thoroughly. Slice into coins	626742
Grape Tomatoes	2 Ounce	Wash Thoroughly.	749041
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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.	740820
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
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## 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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		608.64	
<b>Fat</b>		23.22g	
<b>SaturatedFat</b>		6.47g	
<b>Trans Fat</b>		0.04g	
<b>Cholesterol</b>		77.80mg	
<b>Sodium</b>		1004.00mg	
<b>Carbohydrates</b>		50.77g	
<b>Fiber</b>		14.49g	
<b>Sugar</b>		14.85g	
<b>Protein</b>		45.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	310.95mg	<b>Iron</b>	5.97mg

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# Ham & Turkey Club

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14438
<b>School:</b>	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
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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.26

<b>RedVeg</b>	0.26
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	392.17
<b>Fat</b>	17.26g
<b>SaturatedFat</b>	5.54g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	61.03mg
<b>Sodium</b>	1126.85mg
<b>Carbohydrates</b>	37.29g
<b>Fiber</b>	5.20g
<b>Sugar</b>	11.75g
<b>Protein</b>	26.18g

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<b>Vitamin A</b>	1499.40IU	<b>Vitamin C</b>	24.66mg
<b>Calcium</b>	139.74mg	<b>Iron</b>	1.83mg

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# Watermelon Applesauce

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14450
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	100.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Spicy Chicken Tenders

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	260.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g

<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg

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

# Sausage Links

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14502
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LINK LO SOD CKD 160-1Z JDF	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	278201

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	90.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14503
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	1 Each	<b>BAKE</b> Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	<b>THAW AND SERVE</b>	763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350\* F. Bake for 8-9 minutes or until internal temperature is 165\* F.

Burger GFS Code- 658622

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	255.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	505.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	136.50mg	<b>Iron</b>	2.00mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Bacon Egg & Cheese Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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	<b>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.</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	280.83
<b>Fat</b>	14.48g
<b>SaturatedFat</b>	6.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.33mg
<b>Sodium</b>	680.88mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	1.00g

<b>Sugar</b>	2.50g
<b>Protein</b>	10.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.00mg	<b>Iron</b> 1.62mg

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

# Cinnamon Rolls

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14505
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
ICING CREAM CHEESE 16# RICH	1 Tablespoon		133574

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	255.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	215.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.70mg

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

# Penne Pasta Alfredo

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14506
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE 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.	835900
SAUCE ALFREDO FZ 6-5 JTM	3 Ounce		155661

## Preparation Instructions

1 cup of penne with 3 oz of sauce per serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	407.54		
<b>Fat</b>	14.20g		
<b>SaturatedFat</b>	5.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.15mg		
<b>Sodium</b>	668.11mg		
<b>Carbohydrates</b>	52.20g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.92g		
<b>Protein</b>	17.84g		
<b>Vitamin A</b>	362.30IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.11mg	<b>Iron</b>	2.10mg

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

# Spaghetti w/ Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14507
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

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# Spaghetti w/ Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14508
<b>School:</b>	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

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	452.39		
<b>Fat</b>	16.46g		
<b>SaturatedFat</b>	4.49g		
<b>Trans Fat</b>	1.49g		
<b>Cholesterol</b>	38.81mg		
<b>Sodium</b>	572.31mg		
<b>Carbohydrates</b>	56.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	20.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.18mg

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# Jackets Chef Salad w/ croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14509
<b>School:</b>	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	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 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Popcorn Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14662
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

## Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

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# Cheddar Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14663
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC GARL & CHS 210-1.20Z	1 Each	<b>BAKE</b> Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	0.80mg

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# Meat lover's Stromboli

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14665
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964

## Preparation Instructions

For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Wild Mike's Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14667
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLCD 90-5.49Z	1 Each		765080

## Preparation Instructions

Preheat oven to 325 degrees F. Place pizza on baking sheet. Frozen: Bake 13-15 minutes. Thawed: Bake 11-13 minutes. Due to oven variances, times and temperatures may require adjustments.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Wild Mike's Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14668
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepperoni Pizza	1 Each	Preheat oven to 325 degrees F. Place pizza on baking sheet. Frozen: Bake 13-15 minutes. Thawed: Bake 11-13 minutes. Due to oven variances, times and temperatures may require adjustments.	765071

## Preparation Instructions

Preheat oven to 325 degrees F. Place pizza on baking sheet. Frozen: Bake 13-15 minutes. Thawed: Bake 11-13 minutes. Due to oven variances, times and temperatures may require adjustments.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 400.00mg	<b>Iron</b> 1.80mg

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# Cheese Slice

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14740
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	55.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	225.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.50mg	<b>Iron</b>	0.00mg

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# Crispy Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14744
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	NO PREP	713340
CHIX BRST STRP BRD WGRAIN 6-5.15	2 Each	BAKE PREPARATION: 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.	740820
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	NO PREP	150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	RTE	741050
CHEESE CREAM LOAF 10-3 GCHC	1 Tablespoon		163562

## Preparation Instructions

Wrap Chicken Slices, cheese, lettuce and carrots in tortilla. Use cream cheese to seal tortilla.

To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.81
<b>Grain</b>	2.92
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	520.77
<b>Fat</b>	22.82g
<b>SaturatedFat</b>	9.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.90mg
<b>Sodium</b>	880.20mg
<b>Carbohydrates</b>	52.46g
<b>Fiber</b>	3.78g
<b>Sugar</b>	4.67g
<b>Protein</b>	24.80g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 227.13mg	<b>Iron</b> 4.13mg

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

# Grilled Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14745
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce		741050
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	3/4 Each		185033

## Preparation Instructions

Wrap Chicken Slices, cheese, lettuce and carrots in tortilla

To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	359.66		
<b>Fat</b>	11.20g		
<b>SaturatedFat</b>	5.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.40mg		
<b>Sodium</b>	795.20mg		
<b>Carbohydrates</b>	39.05g		
<b>Fiber</b>	1.89g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	24.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	205.55mg	<b>Iron</b>	3.88mg

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



# Spicy Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14746
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce		741050
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	2 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F. Cool before wrapping.	399806

## Preparation Instructions

Wrap Chicken Slices, cheese, lettuce and carrots in tortilla

To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.81
<b>Grain</b>	3.08
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	414.99
<b>Fat</b>	16.45g
<b>SaturatedFat</b>	6.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.07mg
<b>Sodium</b>	732.70mg
<b>Carbohydrates</b>	47.63g
<b>Fiber</b>	3.22g
<b>Sugar</b>	3.33g
<b>Protein</b>	18.25g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	201.13mg	<b>Iron</b>	3.80mg

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

# Ky Hot Brown Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14748
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	NO PREP	713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	NO PREP	150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
TURKEY BRST DELI 8-5# COMM	1 Ounce	THAW UNDER REFRIGERATION	765991
HAM FZ W/A 4-10 COMM	1 Ounce	THAW UNDER REFRIGERATION	110600
TOMATO 6X7 MED 25 MRKN	2 Ounce	WASH THOROUGHLY AND DICE	315133
CHEESE CREAM LOAF 10-3 GCHC	1 Tablespoon		163562
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124

## Preparation Instructions

Wrap deli Slices, bacon, cheese, lettuce and tomatoes in tortilla. Use cream cheese to seal tortilla shell. To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	400.88
<b>Fat</b>	18.19g
<b>SaturatedFat</b>	9.94g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	45.23mg
<b>Sodium</b>	958.96mg
<b>Carbohydrates</b>	40.25g
<b>Fiber</b>	1.55g
<b>Sugar</b>	4.08g



<b>Protein</b>	19.95g
<b>Vitamin A</b> 524.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 200.96mg	<b>Iron</b> 3.32mg

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

# Chicken BLT Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14749
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	NO PREP	713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	NO PREP	150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	NO PREP	741050
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	3/4 Each	Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes. CUT INTO BITE SIZED PIECES	185033
TOMATO 6X6 LRG 10 MRKN	2 Ounce	WASH THOROUGHLY AND DICE	199001
CHEESE CREAM LOAF 10-3 GCHC	1 Tablespoon		163562
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124

## Preparation Instructions

Wrap Chicken, cheese, lettuce, tomatoes and carrots in tortilla.

Use cream cheese to seal wrap.

To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.25

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	452.20
<b>Fat</b>	17.70g
<b>SaturatedFat</b>	9.48g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	75.23mg
<b>Sodium</b>	948.48mg
<b>Carbohydrates</b>	43.96g
<b>Fiber</b>	3.33g
<b>Sugar</b>	5.92g
<b>Protein</b>	27.89g

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<b>Vitamin A</b>	524.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	229.38mg	<b>Iron</b>	4.07mg

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

# Turkey & Cheddar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14750
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE LEAF 24CT MRKN	4 Ounce	Wash and shred lettuce	284998
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce		741050
TURKEY BRST DELI 8-5# COMM	2 1/2 Ounce		765991

## Preparation Instructions

Wrap Chicken Slices, cheese, lettuce and carrots in tortilla

To fold the wrap, fold in the sides of the tortilla and then roll from the bottom up. Cut the wraps in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.23
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	344.83		
<b>Fat</b>	11.07g		
<b>SaturatedFat</b>	5.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	14.40mg		
<b>Sodium</b>	876.82mg		
<b>Carbohydrates</b>	40.04g		
<b>Fiber</b>	1.89g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	21.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.80mg	<b>Iron</b>	3.13mg

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



# Crispy Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14751
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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

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

# Grilled Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14753
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	4 Slice	WASH THOROUGHLY. CUT INTO SLICES	626742
Grape Tomatoes	5 Each	WASH THOROUGHLY	749041
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	NO PREP	150250
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	3/4 Each	Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.	185033
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes.	644051
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	Ready to Eat	165761
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1 Ounce	No Prep	741050

## Preparation Instructions

Assemble all ingredients in a to-go container

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.53
<b>Fat</b>	9.20g
<b>SaturatedFat</b>	4.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.40mg
<b>Sodium</b>	583.70mg
<b>Carbohydrates</b>	39.81g



<b>Fiber</b>	10.30g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	35.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	281.19mg	<b>Iron</b>	5.14mg

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

# Chicken Salad Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14754
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION GREEN 2 RSS	1 Ounce	WASH AND DICE	596981
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup	WASH AND DICE	198536
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon	NO PREP	429406
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	NO PREP	225037
SALT SEA 36Z TRDE	1/8 Teaspoon	NO PREP	748590
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	THAW UNDER REFRIGERATION	172172
LETTUCE LEAF 24CT MRKN	2 Slice	WASH THOROUGHLY AND CUT INTO SLICES	284998
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes. CUT INTO BITE SIZED PIECES	185033

## Preparation Instructions

Mix diced chicken, celery, mayo, green onions and seasoning to make chicken salad.

Scoop 4oz on lettuce on croissant bottom. Top with 2nd slice of lettuce. Top with croissant top.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	355.14		
<b>Fat</b>	11.53g		
<b>SaturatedFat</b>	3.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	1004.64mg		
<b>Carbohydrates</b>	36.76g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	5.26g		
<b>Protein</b>	28.12g		
<b>Vitamin A</b>	72.38IU	<b>Vitamin C</b>	0.50mg
<b>Calcium</b>	76.93mg	<b>Iron</b>	3.12mg

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

# Doritos Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14758
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	3 Ounce	Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165° F. Drain fat and excess water. Crumble meat. Mix 4 cups of salsa and 3/4 cup of taco seasoning. Yields approx. 40 (3oz) servings	110520
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon	FOR TACO MEAT	222313
SALSA MILD THICK & CHNKY 4-138Z PACE	3 Tablespoon	FOR TACO MEAT	704504
LETTUCE ROMAINE 24CT MRKN	2 Cup	WASH THOROUGHLY & CHOP	305812
TOMATO 5X6 XL 5 MRKN	1/4 Cup	wash and dice	438197
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	<b>MICROWAVE</b> 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. <b>MICROWAVE: (1100W)</b> 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. <b>MICROWAVE: (2200W)</b> 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. <b>STOVE TOP:</b> 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. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> 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. <b>COMBI OVEN:</b> 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.	163760
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	NO PREP	815803

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce	NO PREP	448010

## Preparation Instructions

Place 2oz of meat in souffle cups.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.24
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.45
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.01
<b>Starch</b>	0.01

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	551.23		
<b>Fat</b>	27.48g		
<b>SaturatedFat</b>	9.69g		
<b>Trans Fat</b>	2.24g		
<b>Cholesterol</b>	78.21mg		
<b>Sodium</b>	1159.58mg		
<b>Carbohydrates</b>	46.64g		
<b>Fiber</b>	7.57g		
<b>Sugar</b>	9.14g		
<b>Protein</b>	29.59g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	87.83mg	<b>Iron</b>	1.62mg

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

# SW Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14759
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	WASH THOROUGHLY & CHOP	305812
TOMATO 5X6 XL 5 MRKN	1/4 Cup	WASH THOROUGHLY & DICE	438197
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	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.	163760
CHIX FAJT 30 COMM	3 Ounce	THAW UNDER REFRIGERATION OVERNIGHT	154900
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each	NO PREP	818222
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce	NO PREP	448010

## Preparation Instructions

Put lettuce in a to-go container. Top with chicken, cheese, corn & beans, tomatoes.

Serve with Top N Go Tostitos.

Place 3oz of chicken fajita meat in souffle cups.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.76
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.01

**Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	453.63		
<b>Fat</b>	17.58g		
<b>SaturatedFat</b>	6.98g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.29mg		
<b>Sodium</b>	959.99mg		
<b>Carbohydrates</b>	42.58g		
<b>Fiber</b>	7.07g		
<b>Sugar</b>	6.91g		
<b>Protein</b>	29.80g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	36.50mg	<b>Iron</b>	1.22mg

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

# Sausage Egg & Cheese Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	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.	462519
CHEESE SLCD BLND 6-5 COMM	1/2 Slice		150600
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
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

## Preparation Instructions

Assemble sandwich: bottom of bagel, egg patty, sausage patty, 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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	346.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.50mg
<b>Sodium</b>	582.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg



**Calcium** 71.00mg **Iron** 1.80mg

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# English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.20 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15519

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.20 Ounce

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.40mg

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

# Baked Apples

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15521

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	1/2 Cup		507942

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Powdered Sugar

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Teaspoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15522

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 10X 12-2 PION	1/2 Ounce		859740

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Teaspoon

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Grape Tomatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16473
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	wash under cool potable water	129631

## Preparation Instructions

Portion in 5.5oz souffle cups

1/2 cup each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	16.20
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	4.50mg
<b>Carbohydrates</b>	3.50g
<b>Fiber</b>	1.10g
<b>Sugar</b>	2.50g
<b>Protein</b>	0.80g
<b>Vitamin A</b> 749.70IU	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 9.00mg	<b>Iron</b> 0.25mg

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

# Pimento Cheese Sandwich

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	24 Slice		204822
MAYONNAISE LT 4-1GAL GFS	1 Cup		429406
PIMIENTO DCD UNPLD 12-2.5 DUNBAR	4 Ounce		478192
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
SPICE GARLIC GRANULATED 24Z TRDE	1/2 Teaspoon		513881
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
CHEESE CHED REDC FAT SHRD 6-5 COMM	24 Ounce		448010
CHEESE CREAM LOAF 10-3 GCHC	4 Ounce		163562

## Preparation Instructions

Warm cream cheese in warmer or room temperature until smooth.

Mix all ingredients.

Spread 3oz on bread.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	430.00
<b>Fat</b>	16.83g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	824.17mg
<b>Carbohydrates</b>	43.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.33g

<b>Protein</b>	20.33g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.01mg	<b>Iron</b>	2.03mg

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# Scrambled Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16701
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GCHC	1/4 Cup	Thawing Instructions THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.	465798

## Preparation Instructions

Shelf Life

FROZEN= 1 YR. COOLER= 2-3 DAYS. 240-2Z SERVINGS PER CS.

Basic Preparation

Cook in steamer or boil in bag until 144 and 158° F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	65.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.00mg		
<b>Sodium</b>	225.00mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	0.50mg

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



# Build your Own Breakfast Sandwich!

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16741
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BACON LO SOD SLCD 18/22 15 FRML	1 Slice		117621
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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
Chicken Patty Breakfast Brd WG	1 Each	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
MUFFIN ENGLISH 2Z 12- 12CT GCHC	1 Each		208640
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	6.50
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	826.00
<b>Fat</b>	37.50g
<b>SaturatedFat</b>	13.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	141.00mg
<b>Sodium</b>	1587.00mg
<b>Carbohydrates</b>	89.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	8.50g
<b>Protein</b>	36.50g

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<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	42.00mg
<b>Calcium</b>	375.47mg	<b>Iron</b>	6.01mg

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# Southern Sausage Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16745
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> 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

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	121.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.00mg		
<b>Sodium</b>	172.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	0.00mg

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

# Crispy Bacon

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16747
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON LO SOD SLCD 18/22 15 FRML	2 Slice		117621

## Preparation Instructions

BAKE IN OVEN AT 350°F FOR 9-13 MINUTES OR TO DESIRED DEGREE OF CRISPNESS. PRODUCT IS ON BAKEABLE PAPER.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Slice

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.93mg	<b>Iron</b>	0.25mg

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

# Breakfast Chicken Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16749
<b>School:</b>	WOODFORD COUNTY HIGH		

## 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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	42.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

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

# Egg Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16750
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519

## Preparation Instructions

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.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	45.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	90.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.00mg

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

# English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16752
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.40mg

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# Build Your Own Parfait Bar!

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16771
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
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 W/CRM 12-16Z ONTOP	1 Tablespoon		881450
TOPPING STRAWB 6-5 GCHC	1 Tablespoon		240974
PEACH CUP 96-4.4Z COMM	1 Each		232470

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.99
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	460.03
<b>Fat</b>	5.99g
<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	198.20mg



<b>Carbohydrates</b>	92.27g
<b>Fiber</b>	3.20g
<b>Sugar</b>	60.84g
<b>Protein</b>	11.61g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 271.02mg	<b>Iron</b> 0.83mg

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# Vanilla Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16777
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	111.94		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	59.70mg		
<b>Carbohydrates</b>	23.13g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.42g		
<b>Protein</b>	3.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	0.00mg

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# Strawberry Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16778
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	111.94		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	59.70mg		
<b>Carbohydrates</b>	23.13g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.42g		
<b>Protein</b>	3.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	0.00mg

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# Strawberry Topping

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16779
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING STRAWB 6-5 GCHC	2 Ounce		240974

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	47.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.60mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.72mg	<b>Iron</b>	0.22mg

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# Whipped Cream

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16781
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP W/CRM 12-16Z ONTOP	2 Tablespoon		881450

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Granola

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16782
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	<b>READY_TO_EAT</b> Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	75.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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# Tortilla Shell

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16785
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg

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# Fresh Strawberries

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17290
<b>School:</b>	Northside & Huntertown Pre-K		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1/2 Cup		212768

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.20		
<b>Fat</b>	0.27g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.87mg		
<b>Carbohydrates</b>	6.67g		
<b>Fiber</b>	1.73g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	10.21IU	<b>Vitamin C</b>	50.01mg
<b>Calcium</b>	13.61mg	<b>Iron</b>	0.35mg

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# Spaghetti with Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17621

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup	CLIP CORNER OF POUCH & SQUEEZE OUT CONTENTS. WARM OVER MEDIUM HEAT,STIRRING OCCASIONALLY. SERVE OVER SPAGHETTI.	315729
MEATBALL PORK R/SOD .68Z 6-5# JTM	4 Each	Convection Oven: Add frozen meatballs to sauce, cover pan and heat approximately 30 minutes at 375 degrees F. Stove Top: Add frozen meatballs to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	661991
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

1 cup of pasta; 4 meatballs; 4oz marinara sauce= 1 serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	488.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	4.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	784.00mg		
<b>Carbohydrates</b>	62.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	4.18mg

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# Rainbow Sherbet Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19287
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.00mg

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# Smoked Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19288
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKHSR RND W/A SLCNG 2PC GCHC	3 Ounce		595683

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	5.25g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	1515.00mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

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# Au Gratin Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19289
<b>School:</b>	NORTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE POTATOES AU GRATIN 6-7OZ GCHC	1/2 Cup		633660

## Preparation Instructions

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 55 - 65 MIN, FROZEN: 70 - 80 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 60 - 70 MIN, FROZEN: 80 - 90 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	133.33		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	266.67mg		
<b>Carbohydrates</b>	14.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	4.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	102.00mg	<b>Iron</b>	0.00mg

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

# Halloween Candy Corn Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20647

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GCHC	1/4 Cup		117897
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/4 Cup		189979
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 1/4 cup pineapple, 1/4 cup mandarin orange.

Top with swirl of whipped topping.

Place candy corn on the top.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	87.35
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	18.46g
<b>Fiber</b>	0.37g
<b>Sugar</b>	16.84g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

<b>Calcium</b>	15.61mg	<b>Iron</b>	0.65mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4oz Orange Juice	4 Ounce		123456

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Deli Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20941

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Cup		651470
BUN HAMB SLCD 4 10-12CT GCHC	1 Cup		763233
CHEESE SLCD YEL 6-5 COMM	1 Cup		334450

## Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.55
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	270.82		
<b>Fat</b>	10.10g		
<b>SaturatedFat</b>	4.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.39mg		
<b>Sodium</b>	840.41mg		
<b>Carbohydrates</b>	33.10g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.55g		
<b>Protein</b>	16.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	2.00mg

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# Smoked Turkey & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20944

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	2 1/2 Cup		110560
BUN HAMB SLCD 4 10-12CT GCHC	1 Cup		763233
CHEESE SLCD YEL 6-5 COMM	1 Cup		334450

## Preparation Instructions

Assemble sandwich.

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

Store in cooler.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.15
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	288.75		
<b>Fat</b>	10.93g		
<b>SaturatedFat</b>	4.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.33mg		
<b>Sodium</b>	684.08mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	19.66g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	2.00mg

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# Ham, Turkey & Bacon Club

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20945

## 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 BRST DELI 8-5# COMM	1 1/2 Ounce	THAW UNDER REFRIGERATION	765991
LETTUCE LEAF 24CT MRKN	2 Slice	WASH THOROUGHLY. CUT INTO SLICES.	284998
TOMATO 6X6 LRG 10 MRKN	1 Slice	WASH THOROUGHLY. CUT INTO SLICES	199001
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233

## Preparation Instructions

Assemble sandwich. Slice on bread, lettuce, tomato, ham, turkey, cheese, bacon, top with other slice of bread. Slice diagonally. Put in plastic sandwich bag.  
Store in cooler.  
Offer with daily fruits, vegetables, milk choices, mustard and mayo.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.80
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		356.61	
<b>Fat</b>		15.00g	
<b>SaturatedFat</b>		4.46g	
<b>Trans Fat</b>		0.01g	
<b>Cholesterol</b>		38.33mg	
<b>Sodium</b>		1209.88mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		1.28g	
<b>Sugar</b>		7.38g	
<b>Protein</b>		23.27g	
<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	159.22mg	<b>Iron</b>	2.69mg

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# Pulled Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21502

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	No Prep	763233
PORK PULLED CKD PKG- 8/5 LB	4 Ounce	<b>Thawing Instructions</b> Thaw under refrigeration 12-16 hours. <b>Shelf Life</b> Frozen = 365 days from date of production <b>Basic Preparation</b> Heat and serve. Place in boiling water for approximately 45 minutes or until product reaches an internal temperature of 165 degrees F.	251253
SALT SEA 36Z TRDE	0/1 Teaspoon		748590
SALT SEA 36Z TRDE	0/1 Teaspoon		748590
SPICE PEPR BLK REST GRIND 16Z TRDE	0/1 Teaspoon		225061
SAUCE BBQ DIP CUP 100- 1Z GCHC	1 Each	BAKE	714520

## Preparation Instructions

Season pork with salt and pepper.

Serve 4oz of pork on hamburger bun.

Serve with choice of BBQ dip cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

<b>Calories</b>	374.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.00mg
<b>Sodium</b>	918.00mg
<b>Carbohydrates</b>	39.00g

<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

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# Berry Grilled Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21508

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	4 Slice	WASH THOROUGHLY. CUT INTO SLICES	626742
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	3/4 Each	Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.	185033
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes.	644051
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	Ready to Eat	165761
STRAWBERRY 8 MRKN	1/4 Cup		212768
BLUEBERRY 12-1PT P/L	1/4 Cup	WASH THOROUGHLY	451690
CHEESE MOZZ SHRD 4- 5 LOL	1 Ounce	Ready to Eat	645170

## Preparation Instructions

Assemble all ingredients in a to-go container

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.19
<b>Grain</b>	2.00
<b>Fruit</b>	0.47
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	346.73
<b>Fat</b>	8.18g
<b>SaturatedFat</b>	3.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	563.45mg
<b>Carbohydrates</b>	39.44g
<b>Fiber</b>	4.06g
<b>Sugar</b>	11.17g
<b>Protein</b>	28.42g

<b>Vitamin A</b>	26.78IU	<b>Vitamin C</b>	36.93mg
<b>Calcium</b>	171.54mg	<b>Iron</b>	2.80mg

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# Chicken Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21912

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	3 Ounce		159883

## Preparation Instructions

Pre-heat oven to 350 degrees F.

Place frozen chicken pieces in a single layer on an ungreased sheet tray.

Bake uncovered for 10 minutes (convection) or 25 minutes (conventional).

Internal temperature 140-145°F.

Hold in warmer until service.

Serve 5 wings each.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
<b>Calories</b>	144.00		
<b>Fat</b>	10.20g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	1.80g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	9.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Chicken Drumstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven1. 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. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven1. 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

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	220.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	6.00g

<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

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# Double Chocolate Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21938

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY DBL CHOC CHP 240-1.33Z OTIS	1 Each		135003

## Preparation Instructions

PLACE FROZEN COOKIE PIECES ON Non-stick spray PARCHMENT LINED SHEET PAN.  
BAKE IN CONVECTION OVEN @ 300\* FOR 10-14 MIN.  
COOKIES CONTINUE TO BAKE WHILE COOLING.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.60mg

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# Ham & Turkey Sliders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	1 Ounce	3 slices	110600
TURKEY BRST DELI 8-5# COMM	1 Ounce	1 slice	765991
BACON CKD 3-100CT FAST N EASY	2 Slice	MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL CRISP	125141
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	2 Each	READY_TO_EAT No baking necessary.	676171
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1/2 slice per slider	150260

## Preparation Instructions

- Fold ham onto the bottom of the first sandwich.
- Top with 1 slice of bacon cut in half.
- Place half slice of cheese on bacon.
- Top with bun.
- Fold turkey on second sandwich, then bacon cut in half, then cheese and bun top.
- Place in to-go container.
- Refrigerate until service at >40°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	455.90
<b>Fat</b>	20.87g
<b>SaturatedFat</b>	7.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	1387.98mg
<b>Carbohydrates</b>	41.37g
<b>Fiber</b>	2.00g

<b>Sugar</b>	5.33g
<b>Protein</b>	28.76g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 169.50mg	<b>Iron</b> 2.00mg

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

# Cosmic Cherry Cocoa Bars

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23424

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each	120 per case	419172

## Preparation Instructions

Tastes just like a brownie. Great tasting, healthy alternative to the conventional breakfast, dessert or snack item. Nut free facility statement on wrapper. \*\* K-12 \*\* K-12 Breakfast, Lunch, A La Carte, after school snack programs, summer programs.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	40.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Gogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	READY_TO_EAT Ready to serve- no preparation needed	895090

## Preparation Instructions

Keep refrigerated until service at >40°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	45.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 0.00mg

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

# Hash brown Stars

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.25 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.25 Ounce

#### Amount Per Serving

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

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



# Astral Applesauce Cups

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 COMM	1/2 Cup		549280

## Preparation Instructions

Put applesauce in 6 oz cups.

Top with diced fruits, whipped topping, maple cinnamon seasoning, sprinkles

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	90.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Cinnamon Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25764
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	240.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.70mg

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# Lucky Charms Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25766
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Sausage Pancake Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25768
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sausage Pancake Bites	1 Package	Heat from frozen state. Convection Oven: 350 degrees F: 20-22 minutes. Internal temperature should reach 160 degrees F. From thawed is not recommended. Product will be hot. Times and temperatures may vary based on equipment and quantity prepared. Adjust as needed.	123456

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Cocoa Puffs Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25770
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Cinnamon Toast Crunch Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25771
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Granola Chocolate Chip Bites w/ string cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25773
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BITE BACK PACKER CHOC CHP 6-6CT 1.24Z	1 Package	READY_TO_EAT Follow instruction on the package	764031
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 0.90mg

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

# Glazed Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25779
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each		668181

## Preparation Instructions

no prep

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

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



# Blueberry Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25780
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.10mg

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

# Rolled BK Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25781
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rolled Bk Taco	1 Cup	<p>PREHEAT OVEN TO 350° F            PLACE ROLLED TACOS EVENLY ON BAKING TRAY.            DON'T VENT FILM.            FROZEN: 21 MINUTES            LET PRODUCT REST FOR 1 MINUTE.            FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT            TEMPERATURE MUST REACH 165°F.            SINCE OVENS VARY, COOKING TIMES MAY REQUIRE            ADJUSTING.            *CAUTION: PRODUCT MAY BE HOT.*</p>	12121212

## Preparation Instructions

GFS Item# 825910

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Cinnamon Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25782
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	3 Ounce		642230

## Preparation Instructions

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVENTIONAL OVEN: PREHEAT CONVENTIONAL OVEN TO 350°F. OPEN ONE END OF WRAPPER. PLACE WRAPPER WITH PANCAKES ON A COOKIE SHEET. BAKE FOR 7 TO 9 MINUTES.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

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

# Chocolate Oatmeal Bar w/ string cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25783
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 1.00mg

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

# Egg & Cheese Stuffed Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25784
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 IW 72-2.2Z	1 Each	<p><b>CONVECTION</b> Cooking Instructions For best results, thaw before heating. Heating times may vary. Convection Oven Bake from thaw</p> <ol style="list-style-type: none"> <li>1. Preheat convection oven to 350°F with fan on.</li> <li>2. Place wrapped breadstick on baking sheet.</li> <li>3. For a crispy crust open one end of wrapper before baking.</li> <li>4. Thawed: Bake 10-12 minutes or until a minimum internal temperature of 165°F has been reached.</li> <li>5. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Individually wrapped Breakfast Sticks have 7 day shelf life when refrigerated. Oven temperatures may vary. Adjust cooking times and or temperatures as necessary.</p> <p><b>THAW</b> Cooking Instructions For best results, thaw before heating. Heating times may vary. Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Remove product from case.</li> <li>2. Place wrapped breadstick in a single layer on trays.</li> <li>3. Thaw for 12 hours or overnight in refrigerator. Individually wrapped Breakfast Sticks have 7 day shelf life when refrigerated. Oven temperatures may vary. Adjust cooking times and or temperatures as necessary.</li> </ol>	856051

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	160.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	8.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	137.00mg	<b>Iron</b>	1.00mg

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

# Uncrustable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25821
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each	Thaw under refrigeration or at room temperature.	661222

## Preparation Instructions

Thaw and serve

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	540.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	242.00mg	<b>Iron</b>	4.00mg

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# Cucumber Slices

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25822
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SLCD 1/4 2-3 RSS	1/2 Cup	no prep	329517

## Preparation Instructions

Portion and chill until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	3.90		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.50mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	27.30IU	<b>Vitamin C</b>	0.73mg
<b>Calcium</b>	4.16mg	<b>Iron</b>	0.08mg

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



# Parmesan Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25823
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	15.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	55.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.00mg

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# Grape Escape

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25824
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES FRSH SEEDLESS 64-2.25Z P/L	2 1/4 Ounce	No prep	158901

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	37.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.20mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.28mg	<b>Iron</b>	0.00mg

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# Sour Watermelon Raisins

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25825
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN GLDN SR WTRMLN 200-1.66Z	1 Each		205390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Sour Orange Raisins

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25826
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SR ORNG 200-1.66Z RAISELS	1 Each		205410

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Tostitos

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25827
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Cup	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	662512

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.60mg

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# Slushie Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25828
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	35.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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

# Pickle spear

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25829
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SPEAR IW 6-30CT GIEL	1 Ounce		199440

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	4.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.17mg

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

# Garlic Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25830
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. <b>GRIDDLE_FRY</b> Place directly in skillet on medium heat. Heat each side 2 minutes. <b>GRILL</b> Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	1.00mg

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



# Wow Butter Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25835
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.00mg

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# Smoked Turkey & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25837
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	2 1/2 Ounce		110560
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
CHIP VAR PK CLSC 3-50CT SSV FRITOL	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	416800

## Preparation Instructions

Assemble sandwich, slice on a diagonal and chill until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	444.75		
<b>Fat</b>	20.13g		
<b>SaturatedFat</b>	5.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.33mg		
<b>Sodium</b>	864.08mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.20g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	21.66g		
<b>Vitamin A</b>	20.00IU	<b>Vitamin C</b>	1.72mg

<b>Calcium</b>	67.00mg	<b>Iron</b>	2.14mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25838
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Ounce		651470
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Assemble sandwich. Chill until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.55
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.82		
<b>Fat</b>	10.10g		
<b>SaturatedFat</b>	4.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.39mg		
<b>Sodium</b>	840.41mg		
<b>Carbohydrates</b>	33.10g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.55g		
<b>Protein</b>	16.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	2.00mg

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# Fruit Snacks

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25901
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK FRT .9Z 6-40CT WELCHS	1 Each		244711

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Moon Pie

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25902
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC MARSH PIE IW 128CT FLDSTN	1 Each	READY_TO_EAT Grab and go, ready to eat, Individually wrapped for convenience and portion control. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	583482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	180.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	105.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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# Beef Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25907
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	3 Ounce	Cook ground beef in steamer, kettle or oven to 160°F. Cool & Crumble	110520
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon		222313
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	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	662512
SALSA MILD THICK & CHNKY 4-138Z PACE	1 Tablespoon		704504

## Preparation Instructions

Mix crumbled cooked ground beef with salsa and seasoning mix.

Keep at 140°F-160° F until service.

Serve with Tostitos chips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	344.64
<b>Fat</b>	16.73g
<b>SaturatedFat</b>	4.24g
<b>Trans Fat</b>	1.62g
<b>Cholesterol</b>	42.16mg
<b>Sodium</b>	528.87mg
<b>Carbohydrates</b>	31.83g
<b>Fiber</b>	3.50g

<b>Sugar</b>	1.00g
<b>Protein</b>	14.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.33mg	<b>Iron</b> 0.60mg

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



# Bacon Bagel Breakfast Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25936
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD 3-100CT FAST N EASY	1 Ounce		125141
CN Fully Cooked Beef Burger	1	<b>BAKE</b> Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
EGG SCRMBD PTY RND CKD 25# USDA	1		497241
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	485.00
<b>Fat</b>	27.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	197.50mg
<b>Sodium</b>	975.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	26.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

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

# Sweet & Sour Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25943
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	4 Ounce		653342

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	205.13		
<b>Fat</b>	4.10g		
<b>SaturatedFat</b>	1.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.15mg		
<b>Sodium</b>	358.97mg		
<b>Carbohydrates</b>	27.69g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	14.36g		
<b>Protein</b>	13.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.46mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.29mg

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

# Grilled Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26907

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	2 1/2 Ounce		691971
TORTILLA FLOUR 6 24-12CT GRSZ	2 Each		713320

## Preparation Instructions

Portion chicken in 2.5oz servings.

Serve with 2 tortilla shells.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	10.67g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.33mg
<b>Sodium</b>	608.33mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	15.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 2.00mg

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# Wango Mango Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26908

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	READY_TO_EAT Thaw when ready to use keeping used portion in refrigeration upto 14 days	510562

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

# Power Punch Vegetable Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26909

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each		698261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Red Pepper Hummus

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26910

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	2 Each		601133

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	220.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Turkey Roast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27518
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	2 1/2 Ounce		110560

## Preparation Instructions

Thaw under refrigeration 24 hours prior to cooking.

Place in single layers on sheet pans or trays and space on shelves so air can circulate around them.

Season roast with salt and pepper.

Convection oven: Bake at 325\* F. for 3 to 5 hours to an internal temperature of 165\* F for 15 seconds. Insert the thermometer in the thickest part of the roast.

Allow the roast to stand 15 minutes after roasting to firm-up before removing netting and slicing.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50 Ounce

Amount Per Serving			
<b>Calories</b>	93.75		
<b>Fat</b>	4.93g		
<b>SaturatedFat</b>	1.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.83mg		
<b>Sodium</b>	319.08mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	13.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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



# Apple

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27619
<b>School:</b>	SOUTHSIDE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Piece	Wash Thoroughly	597481

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Sausage Egg & Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28397
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	466.00
<b>Fat</b>	28.50g
<b>SaturatedFat</b>	10.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	168.50mg
<b>Sodium</b>	667.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	16.50g

<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	1.50mg

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

# 3 Cheese Curly Pasta w/ grilled chicken strips

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28398
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP 30 COMM	1 1/4 Ounce	Convection Bake at 400°F for 5-8 minutes	691971

## Preparation Instructions

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

Offer with 1.25oz grilled chicken strips

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	376.50		
<b>Fat</b>	19.33g		
<b>SaturatedFat</b>	8.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.67mg		
<b>Sodium</b>	945.17mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.83g		
<b>Vitamin A</b>	616.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.00mg

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# Fun Fish Nuggets

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	5 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291

## Preparation Instructions

Place nuggets on a parchment-lined sheet tray in a single layer.

CONVECTION OVEN: BAKE AT 400°F 10-12 MINUTES.

Store in warmer at <140°F until service

Serve 5 nuggets each

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
<b>Calories</b>	275.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.25mg		
<b>Sodium</b>	912.50mg		
<b>Carbohydrates</b>	26.25g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	16.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.50mg	<b>Iron</b>	2.25mg

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# Chipotle Lime Crusted Tilapia

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29156

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TILAPIA FLLT TORTL CRSTD 5-6 10 FPI	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 325°F and bake for 14- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 375°F and bake for 28-30 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	329611

## Preparation Instructions

COOKING INSTRUCTIONS FROM FROZE: Place frozen fillets on a lightly oiled/ sprayed parchment-lined sheet tray.

CONVECTION OVEN: Preheat oven to 325°F and bake for 14- 17 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Hold in warming unit at greater than 140°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.50mg

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# Mozzarella String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29719
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce	no prep	347211

## Preparation Instructions

Store 41°F or lower

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Syrup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29720
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Hot Cakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29721
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
<b>Calories</b>	160.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.40mg

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# Strawberry Pop Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29722
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

## Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	1.80mg

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# Fudge Pop Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29723
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

## Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

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# Cinnamon Pop Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29724
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

## Preparation Instructions

PRODUCT IS PRE-PACKAGED AND IS READY TO EAT AT ROOM TEMPERATURE OR CAN BE SERVED WARM.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

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# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29725
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Green Leaf Lettuce

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29726
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	7.87		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.75mg		
<b>Carbohydrates</b>	1.57g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.47mg	<b>Iron</b>	0.57mg

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

# Tomato Slice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29727
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	8.10		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.25mg		
<b>Carbohydrates</b>	1.75g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	4.50mg	<b>Iron</b>	0.12mg

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# Watermelon (KY Proud)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29728
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	22.80		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.75mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	432.44IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	5.32mg	<b>Iron</b>	0.18mg

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# Mandarin Orange Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29729
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.00mg

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# Pepperoni & Cheese Pizza Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29730
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS&TKY PEPP 48-5.58Z	1 Each	Thaw & Serve	588391

## Preparation Instructions

Thawing Option 1: Remove the desired number of lunch kit cases from freezer and then remove the individual lunch kits from the cases to racks or trays, separating them slightly. Hold in the refrigerator for 24 to 36 hours prior to serving for complete thawing. Keep refrigerated until served. Thawing Option 2: Remove the desired number of lunch kit cases from freezer and place in refrigerator for 48-72 hours prior to serving for complete thawing. Keep refrigerated until served.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 450.00mg	<b>Iron</b> 1.80mg

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

# Turkey, Ham & Cheese Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29731
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	1 Each	Thaw & Serve	588400

## Preparation Instructions

Thawing Option 1: Remove the desired number of lunch kit cases from freezer and then remove the individual lunch kits from the cases to racks or trays, separating them slightly. Hold in the refrigerator for 24 to 36 hours prior to serving for complete thawing. Keep refrigerated until served. Thawing Option 2: Remove the desired number of lunch kit cases from freezer and place in refrigerator for 48-72 hours prior to serving for complete thawing. Keep refrigerated until served.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	1.80mg

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# Breadstick Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE PIZZA CHS WGRAIN 240-1Z	3 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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# Ranch Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29733
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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# Italian Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29734
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	15.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Hawaiian Ham & Cheese Sammies

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29735
<b>School:</b>	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

<b>Meat</b>	3.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Cream Cheese Stuffed Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29736
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	<b>READY_TO_EAT</b> Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. <b>DO NOT</b> place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing <b>THAW AND SERVE:</b> Thaw at room temperature for 120 minutes prior to serving. <b>WARMING UNIT:</b> Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

## Preparation Instructions

No Prep Necessary

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.60mg

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# Citrus Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29737
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.00mg	<b>Iron</b>	0.00mg

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# Penne Pasta Alfredo w/ chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29746

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE 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.	835900
SAUCE ALFREDO FZ 6-5 JTM	3 Ounce	PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.	155661
CHIX STRP 30 COMM	2 Ounce	Steam until 160°F	691971

## Preparation Instructions

Serve 1 cup of penne with 3 oz of sauce and 2 of of chicken

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	507.54		
<b>Fat</b>	19.53g		
<b>SaturatedFat</b>	5.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.81mg		
<b>Sodium</b>	898.78mg		
<b>Carbohydrates</b>	56.20g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.92g		
<b>Protein</b>	27.17g		
<b>Vitamin A</b>	362.30IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.11mg	<b>Iron</b>	2.10mg

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

# Pepperoni Personal Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4RND WGRAIN 72-4.51Z TONY	1 Each	<b>BAKE</b> <b>COOKING GUIDELINES: COOK BEFORE EATING.</b> 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. <b>CONVECTION OVEN:</b> Cook at 350°F for 18 to 21 minutes. <b>CONVENTIONAL OVEN:</b> Cook at 400°F for 24 to 26 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	290.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>	5.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<b>Iron</b> 2.00mg

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

# Cheese Personal Pizza

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

# Jelly

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29778
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	35.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg

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

# Greek Pasta Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29779
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD FETA GREEK 2-5 GCHC	1/4 Cup		537454
LETTUCE ROMAINE 24CT MRKN	1 Cup	Wash Lettuce Thoroughly and Dry	305812
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## Preparation Instructions

Chop lettuce into thin strips.

Place 1 cup of lettuce in #877840.

Top with 1/4 cup greek pasta salad, cheese and tomatoes

Serve chilled 40°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	178.10		
<b>Fat</b>	10.60g		
<b>SaturatedFat</b>	4.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.25mg		
<b>Sodium</b>	372.25mg		
<b>Carbohydrates</b>	10.75g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	9.65g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	235.50mg	<b>Iron</b>	0.86mg

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

# Queso Blanco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29785
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Thawing Instructions RECOMMEND THAWING PRODUCT FOR 3 DAYS IN REFRIGERATION BEFORE HEATING.	722110

## Preparation Instructions

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	118.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	433.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	202.00mg	<b>Iron</b>	0.00mg

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



# Mixmi Ultimate Chocolate Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29792
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHOC ULTIM CUP 96-3FLZ MIXMI	1 Each	Ready to Eat	151590

## Preparation Instructions

Serve Frozen.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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

# Mixmi Cupcake Vanilla Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29793
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CUPCAKE VAN CUP 96-3FLZ MIXMI	1	Ready to Eat	150712
YOGURT CHOC ULTIM CUP 96-3FLZ MIXMI	1 Each	Ignore this in recipe.	151590

## Preparation Instructions

Serve Frozen.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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

# Tater Puffs

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29794
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	3 1/3 Ounce		872570

## Preparation Instructions

Bake in Convection oven at 400°F for 9-12 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.00mg	<b>Iron</b>	0.40mg

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

# Cinnamon Sugar Churro

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29804
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHURRO W/CINN SGR 96-2Z	1 Each		473523

## Preparation Instructions

- Thaw at room temperature for 30 minutes.  
Commercial convection oven: 350 degrees F for 3-5 minutes.  
Rack Oven: 350 degrees F for 8-11 minutes.  
Conventional Oven" 350 degrees F for 5-8 minutes.  
Bake time depends on the desired level of crispness finish.  
Cool slightly for 5 minutes.  
While still warm, toss in cinnamon sugar to fully coat.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.50mg

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

# Maple Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29809
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package	Thawing Instructions PREPARE FROM FROZEN STATE	284811

## Preparation Instructions

Basic Preparation

HEAT IN OVENABLE POUCH.

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F.

PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	3.60mg

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

# Confetti Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29910
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692

## Preparation Instructions

Thawing Instructions

Thaw under refrigeration.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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

# Cheese Retro Rectangle Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29911
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	<p><b>BAKE</b>  <b>COOKING GUIDELINES. COOK BEFORE SERVING.</b> Place 16 frozen pizzas in 18" x 26" x 12" sheet pans. Rotate pans one half turn to prevent cheese from burning. <b>CONVECTION OVEN:</b> Low fan, 350°F for 13 to 16 minutes. <b>CONVENTIONAL OVEN:</b> 400°F for 17 to 20 minutes. <b>NOTE:</b> For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	153650

## Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING.

Place 16 frozen pizzas in 18" x 26" x 12" sheet pans.

Rotate pans one half turn to prevent cheese from burning. **CONVECTION OVEN:** Low fan, 350°F for 13 to 16 minutes.

**NOTE:** For food safety and quality cook before eating to internal temperature of 160°F.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Refrigerate or discard any unused portion.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g

<b>Sugar</b>	8.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 2.30mg

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



# Stoplight Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29912
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN STRP 3/4 2-3 RSS	2 Ounce		849995
PEPPERS RED DOMESTIC 23 MRKN	2 Ounce		560715
PEPPERS BELL ORANGE 11	2 Ounce		460860

## Preparation Instructions

Cut into sticks.

6oz per serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.20
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	80.89
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.25mg
<b>Carbohydrates</b>	10.15g
<b>Fiber</b>	2.37g
<b>Sugar</b>	3.83g
<b>Protein</b>	1.61g
<b>Vitamin A</b> 1781.63IU	<b>Vitamin C</b> 103.59mg
<b>Calcium</b> 16.91mg	<b>Iron</b> 0.48mg

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

# Fish Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29913
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each		576255

## Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE.

Shelf Life

FROZEN = 547 DAYS

Basic Preparation

CONVECTION OVEN: BAKE AT 400°F 12-15 MINUTES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.30mg

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

# Tartar Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29914
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TARTAR PKT 200-12GM GCHC	1 Each		213361

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	45.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	0.00mg

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# Cantaloupe

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29915
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE CHNK 2-8 RSS	4 Ounce		782601

## Preparation Instructions

Wash and cut tops off strawberries. Quarter with a a paring knife.

Mix fruit 1 8lb fruit mix, with 1 8lb fresh strawberry.

4oz serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	48.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	24.00mg		
<b>Carbohydrates</b>	12.80g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.20mg	<b>Iron</b>	0.00mg

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# Oreo Cookies

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29916
<b>School:</b>	HUNTERTOWN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE OREO PC PKG 120-2CT	1 Package		843237

## Preparation Instructions

Ready to Eat

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

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# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29917
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	1 Each		786360

## Preparation Instructions

DO NOT REMOVE WRAP BEFORE HEATING.

FROM THAWED STAGE: PREHEAT CONVECTION OVEN TO 325°F DEGREES, PLACE ONTO BUN PAN AND HEAT FOR 10 TO 12 MINUTES. SERVE.

FROM FROZEN: PREHEAT CONVECTION OVEN TO 275 DEGREES, PLACE SANDWICHES ONTO BUN PAN AND HEAT 12 TO 15 MINUTES. SERVE.

NOTE: SANDWICHES CAN BE HEATED FROM A FROZEN STATE; HOWEVER, IT IS RECOMMENDED THEY ARE HEATED FROM A THAWED STATE.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.30		
<b>Fat</b>	9.90g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.00mg		
<b>Sodium</b>	580.80mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	523.96IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	465.89mg	<b>Iron</b>	1.64mg

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# Caesar Pasta Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29918
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1 Cup	Wash Lettuce Thoroughly and Dry	305812
SALAD PSTA CAESR CRMY 2-5 GCHC	1/4 Cup		127920
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

## Preparation Instructions

Chop lettuce into thin strips.

Place 1 cup of lettuce in #877840.

Top with 1/4 cup greek pasta salad.

Serve chilled 40°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	184.90		
<b>Fat</b>	11.55g		
<b>SaturatedFat</b>	3.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.13mg		
<b>Sodium</b>	352.52mg		
<b>Carbohydrates</b>	13.27g		
<b>Fiber</b>	1.88g		
<b>Sugar</b>	3.77g		
<b>Protein</b>	7.04g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	143.77mg	<b>Iron</b>	0.92mg

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# Tomato Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29919
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	3/4 Cup		101427

## Preparation Instructions

Mix Condensed soup with 1 can of water (50oz)  
Convection Bake @ 350°F- Heat soup in a pan to 160°F.  
Approximately 20 minutes.  
1 can equals approx.- (15) 6oz servings  
Serve in #877840 bowl; #877850 lid

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	135.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.08mg

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# Fiesta Taco Black Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29920
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	3/4 Cup		581180

## Preparation Instructions

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN WITH A PAN LINER

STEP 2) BAKE @ 325°F. FOR 25-35 MINUTES OR UNTIL 160°F. STIR OCCASIONALLY.

SERVE 6OZ PORTIONS

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	7.50g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.00mg	<b>Iron</b>	3.00mg

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# Pizza Crunchers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29937
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each		143271

## Preparation Instructions

BAKE

Cooking Instructions: Keep frozen until ready to prepare.

Due to differences in appliances, cooking times may vary and require adjustment.

If cheese becomes visible, remove it from heat.

Caution - The product will be hot!

CONVECTION OVEN:

1. Preheat oven to 350°F.
2. Arrange product in a single layer on a lined baking sheet.
3. Bake for 15-16 minutes (full tray).

If baking more than one tray, longer cooking time may be required.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 427.00mg **Iron** 2.21mg

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# Cherry Strudel

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.50mg

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# Mini Potato Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29940
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PANCAKE MINI 6-3 LAMB	3 Ounce		225533

## Preparation Instructions

CONVECTION OVEN: 425 DEGREES F FOR 12 MINUTES TURN ONCE MIDWAY.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.36mg

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

# Super Hero Kale Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29942
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD COLESLAW SUPER 3-2 RSS	6 Ounce		667611
SALAD PASTA BOWTIE ZESTY 2-5 GCHC	1/4 Cup		217811

## Preparation Instructions

Mix 1 2lb bag of coleslaw with 2 cups of pasta salad.

Serve one cup portion in 877840

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	1.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	162.07
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	235.06mg
<b>Carbohydrates</b>	23.75g
<b>Fiber</b>	6.87g
<b>Sugar</b>	6.47g
<b>Protein</b>	5.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 119.66mg	<b>Iron</b> 2.60mg

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

# Pomegranate Blueberry Blend Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE V8 FUSION POMGRNTE BLUB 24-8FLZ	1 Each		891670

## Preparation Instructions

Serve Chilled

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.50mg

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

# Strawberry Banana Blend Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE V8 FUSION STRAWB BAN 24-8FLZ	1 Each		891650

## Preparation Instructions

Serve Chilled

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.30mg

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



# Chicken Enchilada

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29964
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	2 Each	Thawing Instructions Thaw under refrigeration in original package for 48 hours.	402332

## Preparation Instructions

Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed.

Internal temperature should reach 160 degrees F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	420.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	2000.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	5.40mg

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

# Annie's Bunny Graham's

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29965
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012

## Preparation Instructions

Ready to Eat

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	160.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	105.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	0.36mg

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# Mayflower Munch Mix

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29968
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
May Flower Munch Mix	4 Ounce		123456

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Classic Chili

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29972
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI MIX KIT 5 6-2CT VANEE	1 Each		566281
BEEF GRND 40 COMM	2 3/4 Ounce		110520

## Preparation Instructions

MIX TWO POUNDS OF COOKED GROUND BEEF WITH 1 CAN OF VEGETABLE MIXTURE, 1 CAN OF BEAN MIXTURE, AND 1 CAN OF WATER.

Heat to 160°F.

Serve 8oz serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	168.28		
<b>Fat</b>	12.31g		
<b>SaturatedFat</b>	4.10g		
<b>Trans Fat</b>	2.05g		
<b>Cholesterol</b>	53.36mg		
<b>Sodium</b>	51.31mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.37g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Turkey Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30009
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY TKY RSTD 12-50Z HRTHSTN	1/4 Cup		673595

## Preparation Instructions

CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	45.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.00mg

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# Rainbow Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30014
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT RNBW ORGNC 12-2 P/L	4 Ounce		631022

## Preparation Instructions

Planning to order these through whatchefswant.

Serve a half cup portion

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	46.22
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	78.22mg
<b>Carbohydrates</b>	10.67g
<b>Fiber</b>	3.56g
<b>Sugar</b>	5.33g
<b>Protein</b>	0.89g
<b>Vitamin A</b> 19022.22IU	<b>Vitamin C</b> 114.13mg
<b>Calcium</b> 35.56mg	<b>Iron</b> 0.32mg

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

# Chicken Crisпитos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30015
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	<b>BAKE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. <b>Conventional Oven</b> 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed. <b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. <b>Convection Oven</b> 9 - 11 minutes at 350°F from frozen. <b>DEEP_FRY</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. <b>Deep Fry</b> 4 - 4 1 2 minutes at 350°F from frozen. 2 1 2 minutes at 350°F from thawed. <b>MICROWAVE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. <b>Microwave</b> Wrap 2 pieces in a paper towel and heat for 2 1 2 minutes on High from frozen. Heat 1 1 2 minutes on High from thawed.	539635

## Preparation Instructions

BAKE

CONVECTION

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

9 - 11 minutes at 350°F from frozen.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	360.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	1.50mg

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# Tropical Fruit Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30016
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL TROP CUP 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	132000

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Granny Smith Apple

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30019
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH 113CT MRKN	1 Piece		582271

## Preparation Instructions

Wash Thoroughly and Serve Whole

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Cheesy Italian Pull- Apart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30021
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD CHS GARL PULL APART 72-3.8Z	1 Package		809062

## Preparation Instructions

Bake at 350°F for:

14-16 minutes from a frozen state

6-8 minutes from a thawed state

DO NOT place pouches directly on oven rack or let pouches touch oven sides

Bake times will vary by oven type and load

**HOLD TIME:**

In Warmer at 150°F for a maximum of 3 hours

Do not refreeze. Discard unused portions

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	340.00mg	<b>Iron</b>	1.80mg

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# Cornbread Stuffing

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30022
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STUFFING CRNBRD 4-6# GDODYS	4 Ounce	Thawing Instructions Thaw under refrigeration for 24 hours.	585700

## Preparation Instructions

Basic Preparation

Remove overwrap and lid.

Place on a baking sheet and bake at 325 degrees F for a convection oven for approximately 60 minutes until golden brown and until internal temperature reaches 165 degrees F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

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

# Gingerbread Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30023
<b>School:</b>	Woodford Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE GINGERBREAD IW 8- 16CT FLDSTN	1 Each	READY_TO_EAT Grab and go, ready to eat and individually wrapped for convenience and portion control. Perfect for schools and cafeterias, healthcare--nursing homes, rehabilitation centers, long-term care, senior living; daycares, camps, golf courses, catering, snack carts and recreation programs.	171482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	55.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.60mg

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

# Grilled Chicken Salad w/ muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30068

## 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
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
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
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

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	490.64
<b>Fat</b>	14.62g
<b>SaturatedFat</b>	5.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.80mg
<b>Sodium</b>	563.60mg
<b>Carbohydrates</b>	43.27g
<b>Fiber</b>	13.19g
<b>Sugar</b>	26.85g

<b>Protein</b>	40.00g		
<b>Vitamin A</b>	14.41IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	288.61mg	<b>Iron</b>	4.72mg

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# Spicy Chicken Salad w/ croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30069
<b>School:</b>	Woodford County Middle School		

## 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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
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

<b>Meat</b>	3.00
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	583.64
<b>Fat</b>	24.72g
<b>SaturatedFat</b>	6.72g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	42.80mg
<b>Sodium</b>	929.00mg
<b>Carbohydrates</b>	51.27g
<b>Fiber</b>	15.99g
<b>Sugar</b>	15.85g
<b>Protein</b>	36.20g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	331.95mg	<b>Iron</b>	6.47mg

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# Medium Salsa Cup

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA TO GO 30-3.8Z TOSTITOS	1 Each	READY_TO_EAT 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	843385

## Preparation Instructions

Ready to use.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	35.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

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# Jalapeno Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30074
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 6-.5GAL GRSZ	2 Ounce		499943

## Preparation Instructions

Portion into 4oz souffle cup

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Honey Sriracha Chicken Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30076
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

<b>Calories</b>	285.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	375.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	1.50mg

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# Stir Fry Veggies

<b>Servings:</b>	11.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30077
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	2 Pound	Do not thaw before cooking	440884
SAUCE STIR FRY 4-64FLZ MINR	1/2 Cup		589527

## Preparation Instructions

YIELDS: APPROX. 11 ONE CUP SERVINGS PACKAGE

PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR THE BEST FLAVOR AND COLOR.

Toss each 2 lb bag with a half cup of stir fry sauce.

Serve warm.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	41.82		
<b>Fat</b>	0.55g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.61mg		
<b>Carbohydrates</b>	7.64g		
<b>Fiber</b>	1.94g		
<b>Sugar</b>	3.03g		
<b>Protein</b>	1.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Fortune Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30078
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

## Preparation Instructions

Ready to Eat

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	11.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Soy Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30079
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY ORIENTAL PKT 500-7GM	1 Each		602841

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	297.40mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	1.42IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.49mg	<b>Iron</b>	0.07mg

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# Hawaiian Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30080
<b>School:</b>	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	649742
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT Thaw under refrigeration.	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	307.50
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	147.50mg
<b>Carbohydrates</b>	56.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	39.50g

<b>Protein</b>	8.50g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.00mg	<b>Iron</b>	0.90mg

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# Steak Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30086
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CNTRY FRD 104-2.4Z ADV	1 Each	Convection oven: from the frozen state, bake at 375 degrees f in the convection oven for 11-14 minutes.	485573
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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

<b>Meat</b>	1.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	3.04mg

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# Sausage Egg & Cheese Tornado

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30088
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST EGG&SAUS 2.79Z 18-8CT	1 Each		495932

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Chili Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30094
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP CHILI CHS WGRAIN 4.8Z 18 MAX	1 Each		680520

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F. BAKE ON PARCHMENT LINED PAN 14 - 18 MINUTES.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 270.00mg	<b>Iron</b> 3.10mg

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# Tater Tots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30095
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TOTS 6-5# SIMPL	2 1/2 Ounce		231141

## Preparation Instructions

CONVECTION OVEN:

PREHEAT OVEN TO 450 DEGREES F.

PLACE FROZEN GEMS IN A SINGLE LAYER ON BAKING PANS.

BAKE FOR 10-15 MINUTES.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	142.80		
<b>Fat</b>	7.56g		
<b>SaturatedFat</b>	1.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	193.20mg		
<b>Carbohydrates</b>	15.96g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.68g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.42mg

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# Baked Spaghetti

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30097
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
BEEF GRND 40 COMM	1 Ounce	Thaw beef 2-3 days prior to serving.	110520
PASTA SPAGHETTI CKD 4-5 PG	3/4 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
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## 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 6 bags of pasta sauce.

Toss sauce with 4 bags of precooked spaghetti.

Portion Spaghetti into (4 each) 4-inch steam pan with liner.

Sprinkle 2.5 cups of cheese on top.

Bake covered until internal temperature 160°F

Portion full 8oz scoop

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	416.19
<b>Fat</b>	16.48g
<b>SaturatedFat</b>	6.74g
<b>Trans Fat</b>	0.75g
<b>Cholesterol</b>	39.40mg
<b>Sodium</b>	749.91mg
<b>Carbohydrates</b>	46.25g

<b>Fiber</b>	4.50g		
<b>Sugar</b>	11.50g		
<b>Protein</b>	20.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.50mg	<b>Iron</b>	2.66mg

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# Griddle Sausage Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30107
<b>School:</b>	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 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

## 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	281.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.00mg		
<b>Sodium</b>	392.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.00mg	<b>Iron</b>	1.40mg

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# Chicken Caesar Pasta Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30129
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	Wash Lettuce Thoroughly and Dry	305812
SALAD PSTA CAESR CRMY 2-5 GCHC	1/4 Cup		127920
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CHIX BRST FLLT GRLLD 30# COMM	1 Each		491946
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## Preparation Instructions

Chop lettuce into thin strips.

Place 2 cups of lettuce in #877840.

Arrange greek pasta salad, tomatoes, cheese and chicken on top.

Serve with Caesar dressing and croutons.

Serve chilled 40°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	455.15
<b>Fat</b>	20.58g
<b>SaturatedFat</b>	5.27g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	88.33mg
<b>Sodium</b>	960.44mg
<b>Carbohydrates</b>	34.63g
<b>Fiber</b>	4.96g
<b>Sugar</b>	7.88g

<b>Protein</b>	35.80g
<b>Vitamin A</b> 562.28IU	<b>Vitamin C</b> 9.25mg
<b>Calcium</b> 277.52mg	<b>Iron</b> 2.42mg

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# Caesar Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30130
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR GRK YOG 60-1.5Z OPA	1 Each	READY_TO_EAT Open, pour and enjoy!	406572

## Preparation Instructions

Refrigerate.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	97.00mg	<b>Iron</b>	0.00mg

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# Chicken Greek Pasta Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30169
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD FETA GREEK 2-5 GCHC	1/4 Cup		537454
LETTUCE ROMAINE 24CT MRKN	2 Cup	Wash Lettuce Thoroughly and Dry	305812
CHIX BRST FLLT GRLLD 30# COMM	1 Each	Cut Chicken into strips	491946
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## Preparation Instructions

Chop lettuce into thin strips.

Place 2 cups of lettuce in #877840.

Arrange pasta salad, chicken strips, tomatoes and cheese on top.

Serve with a choice of dressing and croutons.

Serve chilled 40°F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	401.10
<b>Fat</b>	16.70g
<b>SaturatedFat</b>	4.80g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	81.25mg
<b>Sodium</b>	892.65mg
<b>Carbohydrates</b>	30.75g
<b>Fiber</b>	4.85g
<b>Sugar</b>	7.25g

<b>Protein</b>	34.85g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	268.60mg	<b>Iron</b>	2.30mg

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# Ham & Pimento Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30183
<b>School:</b>	Woodford County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	3 Ounce		651470
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 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. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE SPRD PIMENTO 2-5 GCHC	1 Tablespoon		249326
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

Thaw Croissant. Assemble sandwich bun, ham, pimento cheese, bun. Chill until service. Offer with mustard and mayo. Offer with lettuce and tomato

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	382.32		
Fat	18.32g		
SaturatedFat	6.81g		
Trans Fat	0.00g		
Cholesterol	51.76mg		
Sodium	977.37mg		
Carbohydrates	42.71g		
Fiber	4.20g		
Sugar	12.96g		
Protein	19.40g		
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	73.24mg	Iron	2.32mg

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# Chicken Fajitas

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30326
<b>School:</b>	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

<b>Meat</b>	1.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	166.64		
<b>Fat</b>	4.02g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.63mg		
<b>Sodium</b>	702.51mg		
<b>Carbohydrates</b>	16.43g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.77g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	1.58mg

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# Steak Fajitas

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30328
<b>School:</b>	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	<b>GRILL</b> 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.	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

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

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# Guacamole

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30329
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	75.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	195.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.45mg

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# Flame Roasted Peppers & Onions

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30330
<b>School:</b>	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 separately

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.60mg

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

# Breaded Spicy Pickles

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30331
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PICKLE SPICY BATRD 6-2.5 BRWCT	3 Piece	<b>CONVECTION</b> PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN. BAKE FROZEN PRODUCT 10 TO 12 MINUTES TURNING ONCE FOR UNIFORM COOKING, OR UNTIL CRISP AND GOLDEN BROWN. NOTE: DO NOT OVERFILL FRYER BASKET (MAX. 1 4 FULL). <b>DEEP_FRY</b> FRY FROZEN PRODUCT AT 350°F FOR 2-1 2 TO 3-1 2 MINUTES, OR UNTIL CRISP AND GOLDEN BROWN.	860514

## Preparation Instructions

CONVECTION: PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN.

BAKE FROZEN PRODUCT 10 TO 12 MINUTES TURNING ONCE FOR UNIFORM COOKING.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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# Corn Dog on a Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30332
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

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

## Preparation Instructions

CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES.

Internal temperature of 160°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



# Roast Beef Cheddar Melt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30333
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	445.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	1480.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	28.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	412.00mg	<b>Iron</b>	3.62mg

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# Grilled Chicken Salad w/ croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30334
<b>School:</b>	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	<b>BAKE CONVECTION OVEN:</b> 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. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Chicken Fajita Salad Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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
CORN & BLK BEAN FLME RSTD 6-2.5	1/4 Cup	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.	163760
PEPPERS & ONION FLME RSTD 6-2.5	1/4 Cup		847208

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	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	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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.30
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	587.64
<b>Fat</b>	23.10g
<b>SaturatedFat</b>	7.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.03mg
<b>Sodium</b>	1127.94mg
<b>Carbohydrates</b>	52.61g
<b>Fiber</b>	16.59g
<b>Sugar</b>	13.49g
<b>Protein</b>	36.31g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 407.33mg	<b>Iron</b> 5.38mg

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

# Italian Pepperoni Calzone

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each	<b>Thawing Instructions</b> 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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

# Spicy Chicken Salad w/ croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30371
<b>School:</b>	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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
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

<b>Meat</b>	3.00
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	583.64
<b>Fat</b>	24.72g
<b>SaturatedFat</b>	6.72g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	42.80mg
<b>Sodium</b>	929.00mg
<b>Carbohydrates</b>	51.27g
<b>Fiber</b>	15.99g
<b>Sugar</b>	15.85g
<b>Protein</b>	36.20g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	331.95mg	<b>Iron</b>	6.47mg

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



# Chicken Biscuit w/ pimento cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30386
<b>School:</b>	WOODFORD COUNTY HIGH		

## 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
CHEESE SPRD PIMENTO 2-5 GCHC	1/2 Tablespoon		249326

## Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom spread 1/2 tbsp cheese spread on top. Replace top biscuit. Hold at 140°F until service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	327.50
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	5.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.25mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.75g
<b>Protein</b>	12.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 42.00mg

**Calcium** 132.50mg **Iron** 2.71mg

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# Penne Pasta w/ meat sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30387
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE 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.	835900
Homemade meat sauce	1 Serving	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	R-30388

## Preparation Instructions

1 cup of penne with 4 oz of sauce per serving

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	412.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	26.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	57.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.18mg

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# Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30388
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
BEEF GRND 40 COMM	1 1/3 Ounce	Thaw beef 2-3 days prior to serving.	110520

## 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	152.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	26.00mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

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# Boom Boom Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30389
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BOOM BOOM 4-1GAL KENS	2 Tablespoon		877930

## Preparation Instructions

Portion into 2oz souffle cups.

Refrigerate until service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Italian Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30401
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

## Preparation Instructions

Arrange 3 oz of turkey, salami, and pepperoni, 1 slice of cheese cut in half diagonally on a sub sandwich roll. Offer with mustard, mayo, lettuce, tomato, pickle.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	341.70
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.50mg
<b>Sodium</b>	1003.30mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 155.17mg	<b>Iron</b> 2.96mg

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# Italian Breakfast Bagel Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30403
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	1 1/2 Ounce		199721
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	Convection/Combi oven: 325 degrees F thawed 8-10 minutes, frozen 12-15 minutes	497241
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

## Preparation Instructions

Arrange 1.5 oz of turkey, salami, and pepperoni, egg patty and cheese on bagel

Serve warm.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	348.35		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	5.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	166.50mg		
<b>Sodium</b>	781.65mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	131.84mg	<b>Iron</b>	2.28mg

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





# Bacon Avocado Egg & Cheese Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30405
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	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.	462519
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BACON CKD THN SLCD 3-100CT GFS	2 Slice		874124
GUACAMOLE WSTRN STYL 12-1 SIMPL	1/2 Tablespoon	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

## Preparation Instructions

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

<b>Meat</b>	1.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	284.17
<b>Fat</b>	12.05g
<b>SaturatedFat</b>	4.15g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	89.17mg
<b>Sodium</b>	609.57mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	4.50g
<b>Sugar</b>	5.50g
<b>Protein</b>	15.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 2.00mg

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# Club Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30406
<b>School:</b>	WOODFORD COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
HAM SLCD .5Z 4-2.5 GFS	1 1/2 Slice		294187
TURKEY RST 4-10 COMM	1 1/2 Ounce		110560
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124
tomato slice	1 Serving		R-29727

## Preparation Instructions

Arrange 3 oz of turkey, and ham, 1 slice bacon, 1 slice of cheese cut in half diagonally on a sub sandwich roll. Offer with mustard, mayo, lettuce, tomato, pickle.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.35
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	321.43
<b>Fat</b>	12.52g
<b>SaturatedFat</b>	4.90g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	46.03mg
<b>Sodium</b>	887.23mg
<b>Carbohydrates</b>	31.13g
<b>Fiber</b>	2.55g
<b>Sugar</b>	5.13g
<b>Protein</b>	22.60g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg

<b>Calcium</b>	133.00mg	<b>Iron</b>	2.32mg
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