Cookbook for WOODFORD COUNTY HIGH

Created by HPS Menu Planner

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Strawberry Cheesecake smoothie
Macaroni & Cheese
Rotini with marinara
Hamburger
Strawberry Chocolate Parfait
Very Berry Parfait
Sausage Egg & Cheese Biscuit
Bacon Egg & Cheese Bagel
Bacon Egg & Cheese Croissant
Pasta Salad
Macaroni Pasta Salad
Dill Chicken Patty Sandwich
Spicy Chicken Patty Sandwich
Mandarin Orange Chicken
Spicy Asian Beef
Chicken Slider
Beef Slider
Onion Rings
Bacon Pizza
Grilled Chicken Patty Sandwich
Ham Sub Sandwich
Turkey Sub Sandwich

Chicken Sub Sandwich
Cheesy Chicken Enchilada Soup
Powdered Donut
Baked Beans
BLT Salad
Little Caesars Cheese Pizza
Chicken Croissant
Ham & Cheese Croissant
Katie's Chicken Bacon Biscuit
Spaghetti with Marinara Sauce
Chicken Soft Taco
Chocolate Muffin w/ string cheese
Blueberry Muffin w/ string cheese
Breadsticks and dipping sauce
Cheese Pizza
Pepperoni Pizza
Buffalo Chicken Pizza
Little Caesars Pepperoni Pizza
4 Meat Pizza
Little Caesars Sausage Pizza
Bacon Breakfast Pizza
Big Breakfast

Corn Dogs
Rotini with alfredo sauce
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 Topppings
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
Loaded potato soup Very Berry Juice Box
Very Berry Juice Box
Very Berry Juice Box Apple Juice Box
Very Berry Juice Box Apple Juice Box Orange Juice Box
Very Berry Juice Box Apple Juice Box Orange Juice Box Grape Juice Box
Very Berry Juice Box Apple Juice Box Orange Juice Box Grape Juice Box Fruit Punch Juice Box
Very Berry Juice Box Apple Juice Box Orange Juice Box Grape Juice Box Fruit Punch Juice Box Apple Juice Box (60z)
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)

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 (60z)
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
Uncrustable
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
Sausage Egg & Cheese Croissant 3 Cheese Curly Pasta w/ grilled chicken strips
3 Cheese Curly Pasta w/ grilled chicken strips
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets Chipotle Lime Crusted Tilapia
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets Chipotle Lime Crusted Tilapia Mozzarella String Cheese
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets Chipotle Lime Crusted Tilapia Mozzarella String Cheese Syrup
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets Chipotle Lime Crusted Tilapia Mozzarella String Cheese Syrup Hot Cakes
3 Cheese Curly Pasta w/ grilled chicken strips Fun Fish Nuggets Chipotle Lime Crusted Tilapia Mozzarella String Cheese Syrup Hot Cakes Strawberry Pop Tart
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

Green Leaf Lettuce
Tomato Slice
Tomato Since
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
Pizza Crunchers Cherry Strudel
Cherry Strudel
Cherry Strudel Mini Potato Pancakes
Cherry Strudel Mini Potato Pancakes Super Hero Kale Salad
Cherry Strudel Mini Potato Pancakes Super Hero Kale Salad Pomegranate Blueberry Blend Juice
Cherry Strudel Mini Potato Pancakes Super Hero Kale Salad Pomegranate Blueberry Blend Juice Strawberry Banana Blend Juice
Cherry Strudel Mini Potato Pancakes Super Hero Kale Salad Pomegranate Blueberry Blend Juice Strawberry Banana Blend Juice Chicken Enchilada
Cherry Strudel Mini Potato Pancakes Super Hero Kale Salad Pomegranate Blueberry Blend Juice Strawberry Banana Blend Juice Chicken Enchilada Annie's Bunny Graham's

Turkey Gravy
Rainbow Carrots
Chicken Crispitos
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

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
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Amount Per Serving			
Meat	1.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

COLUMN CIE	7. 1.00 Each		
Amount Pe	r Serving		
Calories		311.00	
Fat		18.00g	
SaturatedF	at	7.70g	
Trans Fat		0.00g	
Cholestero	l	26.00mg	
Sodium		602.00mg	
Carbohydra	ates	26.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	1.60mg

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

Chicken Biscuit

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

Ingredients

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

Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom. Replace top biscuit. Hold at 140*F until service.

Meal Components (SLE)

Amount Per Serving				
Meat	1.00			
Grain	2.50			
Fruit	0.00			
GreenVeg	0.00			
RedVeg	0.00			
OtherVeg	0.00			
Legumes	0.00			
Starch	0.00			

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		300.00	
Fat		14.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	ı	20.00mg	
Sodium		650.00mg	
Carbohydra	ates	32.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	120.00mg	Iron	2.68mg

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Sausage Breakfast Pizza

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

Ingredients

Starch

 Description
 Measurement
 Prep Instructions
 DistPart #

 PIZZA BKFST SAUS WGRAIN IW 100-3.67Z
 1 Each
 659981

Preparation Instructions

Cook to internal temperature of 165 degrees F prior to eating.

Preheat the convection oven to 375 degrees farenheit.

Product must be cooked from a frozen state for best results.

Do not remove pizza from the wrap. Place 24 frozen wrapped pizzas in 18" x 26" x 1/2" bun pan.

0.00

Convection Oven: 375 degrees F for 15-17 minutes.

Rotate thepan halfway through cooking. Note: Oven temperature and times may vary due to oven load and/or product temperature

Meal Components (SLE) Amount Per Serving		
Meat	1.00	
Grain	1.75	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	

Servings Pe Serving Size	r Recipe: 1.00 e: 3.67		
Amount Pe	r Serving		
Calories		240.00	
Fat		8.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		340.00mg	
Carbohydra	Carbohydrates		
Fiber		3.00g	
Sugar		4.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	196.00mg	Iron	2.00mg

Nutrition Facts

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Donut Holes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 38441Z 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				
Meat	0.00			
Grain	2.00			
Fruit	0.00			
GreenVeg	0.00			
RedVeg	0.00			
OtherVeg	0.00			
Legumes	0.00			
Starch	0.00			

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.00 Each

Serving Size: 6.00 Each				
Amount Pe	Amount Per Serving			
Calories		340.00		
Fat		16.00g	16.00g	
SaturatedFa	at	7.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		320.00mg		
Carbohydrates		45.00g		
Fiber		2.00g		
Sugar		20.50g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	14.00mg	Iron	1.46mg	

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Chocolate Donut

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1/2 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Teaspoon		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)
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Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		3	
Amount Per	r Serving		
Calories		186.67	
Fat		9.50g	
SaturatedFa	at	4.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		155.00mg	
Carbohydra	ites	23.33g	
Fiber		1.00g	
Sugar		10.00g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.82mg

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Chocolate chip french toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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.

Meat 0.00 Grain 2.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meal Components (SLE) Amount Per Serving		
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00	Meat	0.00	
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00	Grain	2.00	
RedVeg 0.00 OtherVeg 0.00	Fruit	0.00	
OtherVeg 0.00	GreenVeg	0.00	
	RedVeg	0.00	
Legumes 0.00	OtherVeg	0.00	
	Legumes	0.00	
Starch 0.00	Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Pe	r Serving		
Calories		190.00	
Fat		6.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		260.00mg	
Carbohydra	ates	35.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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Eggs & Toast

Servings:	80.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.00

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

Nutrition Facts

Servings Per Recipe: 80.00 Serving Size: 3.00

Amount Per	r Serving		
Calories		118.85	
Fat		2.06g	
SaturatedFa	at	0.34g	
Trans Fat		0.00g	
Cholesterol		24.47mg	
Sodium		181.35mg	
Carbohydra	ites	18.39g	
Fiber		2.00g	
Sugar		3.26g	
Protein		4.74g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.81mg	Iron	1.13mg

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Ginny's Waffles

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00

OCIVING OIZO	,. <u>2.00</u>		
Amount Pe	r Serving		
Calories		410.00	
Fat		14.00g	
SaturatedFa	at	6.00g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		160.00mg	
Carbohydra	ates	68.00g	
Fiber		2.00g	
Sugar		37.00g	
Protein		4.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Spaghetti Noodles

Servings:	80.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3331
School:	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.

mear components (3	DLE)
Amount Per Serving	
Meat	0.00
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- IIII oi o o o o o o o o o o o o o o o o	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00 Serving Size: 1.00 Cup

Serving Size	. 1.00 Oup		
Amount Per	Serving		
Calories		200.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		42.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

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

Spaghetti with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-3332
School:	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)
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Amount Per Serving	•
Meat	1.49
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00
<u>'</u>	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	. 1.00 Each		
Amount Pe	r Serving		
Calories		392.39	
Fat		11.46g	
SaturatedFa	at	3.49g	
Trans Fat		1.49g	
Cholesterol		38.81mg	
Sodium		517.31mg	
Carbohydra	ites	55.00g	
Fiber		5.00g	
Sugar		12.00g	
Protein		19.45g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.88mg

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

Beef Burrito Bowl

Servings:	65.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-3336
School:	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 Compo	nents (SL	.E)
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Amount Per Serving	
Meat	1.84
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts		
Servings Per Recipe: 65.0	00	
Serving Size: 3.00 Serving	g	
Amount Per Serving		
Calories	350.48	
Fat	16.02g	
SaturatedFat	6.17g	
Trans Fat	1.84g	
Cholesterol	47.76mg	
Sodium	665.64mg	
Carbohydrates	34.58g	
Fiber	1.62g	
Sugar	3.23g	
Protein	16.86g	
Vitamin A 0.00III	Vitamin C	0.00ma

Calcium 50.74mg Iron 2.00mg

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

Woodford Salad

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

Ingredients

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

Preparation Instructions

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

USE SALAD DAYS PRODUCE WHEN AVAILABLE.

Meal Components (SLE)		
Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.50	
RedVeg	0.19	
OtherVeg	0.09	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00	
Amount Per Serving	
Calories	122.26
Fat	6.33g
SaturatedFat	3.92g
Trans Fat	0.00g
Cholesterol	18.20mg
Sodium	209.08mg
Carbohydrates	6.40g
Fiber	2.36g
Sugar	3.98g
Protein	9.38g

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

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

Spinach Berry Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3342
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.02
GreenVeg	0.45
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Serving Size	5. 0.00		
Amount Pe	r Serving		
Calories		9.38	
Fat		0.03g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		3.82mg	
Carbohydra	ates	1.49g	
Fiber		0.74g	
Sugar		0.81g	
Protein		0.67g	
Vitamin A	0.44IU	Vitamin C	2.17mg
Calcium	13.39mg	Iron	0.32mg

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

Nacho Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3343
School:	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

Meal Components (SLE)

Starch

Assemble in 2000332 (black 3 compartment container)

Amount Per Serving	
Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		420.00	
Fat		17.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	30.00mg	
Sodium		930.00mg	
Carbohydra	ates	49.00g	
Fiber		3.00g	
Sugar		12.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	373.00mg	Iron	0.60mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Chicken dunker Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3344
School:	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	Com	ponents	(SLE)
moun	O	701101110	\ /

Amount Per Serving	` ,
Meat	1.60
Grain	2.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		322.00	
Fat		13.80g	
SaturatedFa	at	2.60g	
Trans Fat		0.00g	
Cholestero		64.00mg	
Sodium		656.00mg	
Carbohydra	ates	32.80g	
Fiber		4.40g	
Sugar		1.00g	
Protein		16.40g	
Vitamin A	80.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.45mg

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

Yogurt Lunch- kit

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3346
School:	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 Con	ponents	(SLE)
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Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.00

Serving Size	e. 6.00		
Amount Pe	r Serving		
Calories		350.00	
Fat		10.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	l	20.00mg	
Sodium		570.00mg	
Carbohydra	ates	53.00g	
Fiber		3.00g	
Sugar		20.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	328.00mg	Iron	1.50mg

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

Ham & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Assemble sandwich. Slice diagonally.

Store in cooler.

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

Meal Components (SLE)

Amount Per Serving	
Meat	2.55
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		315.82	
Fat		8.60g	
SaturatedFa	at	3.55g	
Trans Fat		0.00g	
Cholestero		44.39mg	
Sodium		845.41mg	
Carbohydra	ites	41.10g	
Fiber		4.00g	
Sugar		8.55g	
Protein		19.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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

Turkey & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Assemble sandwich. Slice diagonally.

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

Store in cooler.

Meal	Co	m	p	0	n	er	nts	(SL	_E))
_	_	_		_							

Amount Per Serving	Amount Per Serving				
Meat	2.25				
Grain	2.00				
Fruit	0.00				
GreenVeg	0.00				
RedVeg	0.00				
OtherVeg	0.00				
Legumes	0.00				
Starch	0.00				

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

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

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

used for evaluation purposes

Wow Butter & Jelly Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3349
School:	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			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		540.00	
Fat		29.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		390.00mg	
Carbohydra	ates	53.00g	
Fiber		8.00g	
Sugar		19.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	4.00mg

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

Fresh Roasted Veggies

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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				
Meat	0.00			
Grain	0.00			
Fruit	0.00			
GreenVeg	0.00			
RedVeg	0.00			
OtherVeg	0.50			
Legumes	0.00			
Starch	0.00			

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Serving Size	e: 0.50 Cup		
Amount Pe	r Serving		
Calories		25.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		575.00mg	
Carbohydra	ates	6.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	38.49mg
Calcium	29.00mg	Iron	0.43mg

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

Cereal Bar & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3351
School:	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	Compone	nts (SLE)
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Amount Per Serving	
Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00

Serving Size	5. 1.00		
Amount Pe	r Serving		
Calories		240.00	
Fat		9.50g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	l	20.00mg	
Sodium		320.00mg	
Carbohydra	ates	32.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.00mg	Iron	1.70mg

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

Strawberry Cheesecake smoothie

Servings:	37.00	Category:	Entree
Serving Size:	9.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3360
School:	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 Compone Amount Per Serving	nts (SLE)
Meat	0.43
Grain	1.00
Fruit	0.11
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 37.0 Serving Size: 9.00	0
Amount Per Serving	
Calories	526.23
Fat	6.42g
SaturatedFat	2.29g
Trans Fat	0.00g
Cholesterol	1.35mg
Sodium	337.86mg
Carbohydrates	104.14g
Fiber	1.32g

Sugar		67.14g	
Protein		16.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	464.74mg	Iron	0.89mg

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

Macaroni & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	l Components (SLE)
Α.	. D O .	

Amount Per Serving	
Meat	1.25
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		206.67	
Fat		10.67g	
SaturatedFa	at	6.00g	
Trans Fat		0.00g	
Cholestero		30.67mg	
Sodium		519.33mg	
Carbohydra	ites	16.67g	
Fiber		0.00g	
Sugar		0.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.33mg	Iron	0.67mg

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

Rotini with marinara

Servings:	80.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3370
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00 Serving Size: 1.00 Cup

Serving Size: 1.00 Cup		
270.00		
2.50g		
0.50g		
0.00g		
0.00mg		
480.00mg		
55.00g		
5.00g		
12.00g		
9.00g		
Vitamin C 0.00mg		

Calcium 30.00mg Iron 3.08mg

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

Hamburger

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

Ingredients

Starch

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.

0.00

Meal Components (SLE) Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg 0.00		
RedVeg 0.00		
OtherVeg	0.00	
Legumes 0.00		

•	Facts r Recipe: 1.00 : 1.00 Servin		
Amount Per	r Serving		
Calories		312.00	
Fat		13.50g	
SaturatedFa	at	5.00g	
Trans Fat		1.00g	
Cholesterol		54.00mg	
Sodium		233.00mg	
Carbohydra	ites	25.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg
*All reporting of	f TransFat is fo	or information on	nly, and is not

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

Strawberry Chocolate Parfait

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3683
School:	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 healthcarenursing 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	
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 8.00 Ounce	
Amount Per Serving	
Calories	340.00
Fat	6.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	155.00mg
Carbohydrates	66.44g
Fiber	4.22g
Sugar	46.50g

Protein		8.11g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	179.10mg	Iron	2.06mg

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

Very Berry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3684
School:	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	Co	m	onents	(SLE)
	_	_		

Amount Per Serving	` ,
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 8.00 Ounce

r Serving		
	267.50	
	5.75g	
at	1.50g	
	0.00g	
	5.00mg	
	135.00mg	
Carbohydrates		
	4.50g	
	28.00g	
	7.00g	
0.00IU	Vitamin C	0.00mg
363.50mg	Iron	1.58mg
	at a	267.50 5.75g at 1.50g 0.00g 5.00mg 135.00mg 49.00g 4.50g 28.00g 7.00g 0.00IU Vitamin C

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

Sausage Egg & Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
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	
1.50	
2.00	
0.00	
0.00	
0.00	
0.00	
0.00	
0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	441.00
Fat	26.50g
SaturatedFat	10.70g
Trans Fat	0.00g
Cholesterol	158.50mg
Sodium	852.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	2.50g

Protein		16.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	1.60mg

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

Bacon Egg & Cheese Bagel

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 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

Meal Components (SLE)

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.

Amount Per Serving	
Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00

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

Nutrition Facts Servings Per Recipe:	1.00
Serving Size: 1.00 Ser	rving
Amount Per Serving	
Calories	271.67
Fat	10.80g
SaturatedFat	3.90g
Trans Fat	0.02g
Cholesterol	89.17mg
Sodium	577.07mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	5.50g
Protein	14.87g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.92mg

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

Bacon Egg & Cheese Croissant

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

Ingredients

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

Preparation Instructions

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

Wrap in foil if using for second chance or

Cover and store in warmer at 140- 160 * F

Meal Components (SLE) Amount Per Serving	
Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch 0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		341.67	
Fat		17.45g	
SaturatedFa	at	6.35g	
Trans Fat		0.01g	
Cholestero		139.17mg	
Sodium		541.77mg	
Carbohydra	ites	30.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		11.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.53mg

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

Pasta Salad

Servings:	80.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3697
School:	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

 Meat
 0.01

 Grain
 0.50

 Fruit
 0.00

Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		106.01	
Fat		0.93g	
SaturatedFa	ıt	0.18g	
Trans Fat		0.00g	
Cholesterol		1.00mg	
Sodium		18.90mg	
Carbohydrates		21.28g	
Fiber		1.07g	
Sugar		1.17g	
Protein		3.78g	
Vitamin A	26.86IU	Vitamin C	1.86mg
Calcium	5.62mg	Iron	0.92mg

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

Macaroni Pasta Salad

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3698
School:	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	
Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Serving

	231 Villig 2123: 3.33 231 Villig			
Amount Per Serving				
Calories		69.96		
Fat		4.72g		
SaturatedFa	at	0.78g		
Trans Fat		0.00g		
Cholesterol		4.40mg		
Sodium		156.22mg		
Carbohydrates		5.86g		
Fiber		0.21g		
Sugar		1.62g		
Protein		0.95g		
Vitamin A	1.09IU	Vitamin C	0.03mg	
Calcium	2.17mg	Iron	0.24mg	

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

Dill Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3702
School:	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	11 each	Thaw and serve.	763233

Preparation Instructions

SERVE PATTY ON BUN.

Meal Com	ponents ((SLE)
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Amount Per Serving	
Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		370.00	
Fat		10.50g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		70.00mg	
Sodium		670.00mg	
Carbohydra	ites	43.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		27.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	3.80mg

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

Spicy Chicken Patty Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	THAW AND SERVE	763233
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

ASSEMBLE SANDWICH

Meal	Components	(SLE)
Λ	D 0	

Amount Per Serving		
Meat	2.00	
Grain	3.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		410.00	
Fat		16.50g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		630.00mg	
Carbohydra	ites	45.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	4.00mg

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

Mandarin Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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)
Λ	4 Dan Oamilian	

Amount Per Serving	
Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 3.60 Serving

Amount Per	Serving		
Calories		194.87	
Fat		4.10g	
SaturatedFa	t	1.03g	
Trans Fat		0.00g	
Cholesterol		46.15mg	
Sodium		389.74mg	
Carbohydra	tes	25.64g	
Fiber		2.05g	
Sugar		13.33g	
Protein		14.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.48mg

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

Spicy Asian Beef

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	2 Ounce		964512
SAUCE SRIRACHA SWT & SPCY 65GAL GFS	1		640211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 3.00 Serving

Amount Per	Serving		_
Calories		104.71	
Fat		2.69g	
SaturatedFa	at	0.98g	
Trans Fat		0.00g	
Cholesterol		37.80mg	
Sodium		210.16mg	
Carbohydra	tes	8.50g	
Fiber		0.05g	
Sugar		7.50g	
Protein		12.25g	
Vitamin A	65.69IU	Vitamin C	0.39mg
Calcium	7.49mg	Iron	1.25mg

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

Chicken Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3716
School:	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	Co	m	pon	ents	(SLE)

Amount Per Serving	
Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		210.00	
Fat		7.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		380.00mg	
Carbohydra	ates	26.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	44.00mg	Iron	2.08mg

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

Beef Slider

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: 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			
Meat	2.00		
Grain	1.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		120.00	
Fat		8.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		100.00mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Onion Rings

Servings:	1.00	Category:	Grain
Serving Size:	5.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3718
School:	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	Co	mp	onents	(SLE)

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 5.00 Serving

	_	
r Serving		
	200.00	
	8.00g	
at	1.50g	
	0.00g	
	0.00mg	
	200.00mg	
ates	28.00g	
	3.00g	
	5.00g	
	3.00g	
0.00IU	Vitamin C	0.00mg
100.00mg	Iron	1.08mg
	at I ates	200.00 8.00g 1.50g 0.00g 0.00mg 200.00mg 200.00mg 3.00g 5.00g 3.00g 0.00IU Vitamin C

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

Bacon Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Each	BAKE 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 ounze	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

Vleat	2.00
rain	2.00
ruit	0.00
GreenVeg	0.00
edVeg	0.13
)therVeg	0.00
egumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.00 Each	
Amount Per Serving	
Calories	404.14
Fat	18.40g
SaturatedFat	8.54g
Trans Fat	0.00g
Cholesterol	53.71mg
Sodium	724.09mg
Carbohydrates	36.29g

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

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

Grilled Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	
Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		260.00	
Fat		4.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		620.00mg	
Carbohydra	ates	29.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		27.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.00mg	Iron	3.00mg

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

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3734
School:	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	Thawing Instructions 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			
Meat	2.05		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg 0.00			
Legumes	0.00		
Starch	0.00		

Nutrition Fact	ts
Servings Per Recipe Serving Size: 1.00 S	e: 1.00
Amount Per Servin	
Calories	235.82
Fat	7.10g
SaturatedFat	2.05g
Trans Fat	0.00g
Cholesterol	36.89mg
Sodium	655.41mg
Carbohydrates	33.10g
Fiber	3.00g
Sugar	6.05g
Protein	16.25g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.60mg

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

Turkey Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3735
School:	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			
Meat	1.75		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg 0.00			
Legumes 0.00			
Starch	0.00		

Nutrition Fac Servings Per Recipe	e: 1.00
Serving Size: 1.00 S	Serving
Amount Per Servin	ıg
Calories	235.17
Fat	4.75g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	554.13mg
Carbohydrates	30.75g
Fiber	3.00g
Sugar	4.00g
Protein	19.99g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.60mg

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

Chicken Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3736
School:	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.

Amount Per Serving Meat	1.76
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	267.65		
Fat	Fat 6.53g		
SaturatedFat	SaturatedFat 1.76g		
Trans Fat	Trans Fat 0.00g		
Cholesterol 65.29mg			
Sodium	Sodium 714.71mg		
Carbohydrates	Carbohydrates 30.76g		
Fiber	3.00g		
Sugar 5.76g			
Protein 21.88g			
Vitamin A 0.00IU	Vitamin C	0.00mg	

Calcium 10.00mg Iron 1.60mg

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

Cheesy Chicken Enchilada Soup

Servings:	130.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3738
School:	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	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

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)
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Amount Per Serving	
Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00
	0.00

Nutrition Facts

Servings Per Recipe: 130.00 Serving Size: 6.00 Serving

		9	
Amount Pe	r Serving		
Calories		138.39	
Fat		7.82g	
SaturatedF	at	3.55g	
Trans Fat		0.00g	
Cholestero	l	32.29mg	
Sodium		408.39mg	
Carbohydrates		8.33g	
Fiber		0.52g	
Sugar		1.83g	
Protein		9.62g	
Vitamin A	179.64IU	Vitamin C	6.66mg
Calcium	109.72mg	Iron	0.59mg

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

Powdered Donut

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4398
School:	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

Meal Components (SLE)

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

Amount Per Serving	, ,
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg 0.00 **OtherVeg** 0.00 Legumes 0.00 Starch 0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size	e: 2.00		
Amount Per Serving			
Calories		284.23	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		310.00mg	
Carbohydra	ates	31.06g	
Fiber		2.00g	
Sugar		7.02g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.50mg

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

Baked Beans

Servings:	65.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4404
School:	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	Com	ponents	(SLE)
······································		P 0 1 1 0 1 1 C 0	\U ,

Amount Per Serving	` ,
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.40
Starch	0.00

Nutrition Facts

Servings Per Recipe: 65.00 Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		146.38	
Fat		0.40g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		545.05mg	
Carbohydra	tes	30.80g	
Fiber		4.03g	
Sugar		15.97g	
Protein		5.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.79mg	Iron	1.51mg

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

BLT Salad

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

Ingredients

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

Preparation Instructions

Assemble salad in bowl.

Chill until service.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving		
Meat	1.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.50	
RedVeg	0.25	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size	e: 10.00		
Amount Pe	r Serving		
Calories		174.87	
Fat		8.54g	
SaturatedF	at	4.91g	
Trans Fat		0.00g	
Cholestero	l	30.70mg	
Sodium		348.37mg	
Carbohydra	ates	6.66g	
Fiber		4.99g	
Sugar		5.88g	
Protein		15.21g	
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	312.15mg	Iron	1.76mg

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

Little Caesars Cheese Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese Pizza	1 Slice		444444

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		330.00	
Fat		15.00g	
SaturatedFa	at	8.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		670.00mg	
Carbohydra	ites	31.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	6.00mg	Iron	10.00mg

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

Chicken Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-5559
School:	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	
Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe:	1.00
Serving Size: 1.00 Ea	ach
Amount Per Serving)
Calories	310.00
Fat	14.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	470.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	4.00g
Protein	13.00g

Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	20.00mg	Iron	2.58mg

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

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-5561
School:	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	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE SLCD BLND 6-5 COMM	1 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	
Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.26
RedVeg	0.26
OtherVeg	0.00
Legumes	0.00

Starch 0.00

Nutrition Facts

Amount Pe	er Serving		
Calories		407.32	
Fat		18.32g	
SaturatedF	at	8.56g	
Trans Fat		0.00g	
Cholestero	ol	64.26mg	
Sodium		1117.37mg	
Carbohydr	ates	42.71g	
Fiber		4.20g	
Sugar		12.46g	
Protein		24.90g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	48.24mg	Iron	2.27mg

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

Katie's Chicken Bacon Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	54 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	54 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
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		
Meat	1.00	
Grain	2.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 54.00 Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	300.43		
Fat	14.04g		
SaturatedFat	5.01g		
Trans Fat	0.00g		
Cholesterol	20.06mg		
Sodium	651.55mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	12.03g		
Vitamin A 0.00IU	Vitamin C 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

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-5595
School:	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)
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A	•
Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00
<u>. </u>	

Nutrition Facts

Oct virig Oize	Jei ving Size. 4.00 Ounce			
Amount Pe	r Serving			
Calories		270.00		
Fat		2.50g		
SaturatedFa	at	0.50g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		480.00mg		
Carbohydra	ates	55.00g		
Fiber		5.00g		
Sugar		12.00g		
Protein		9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.00mg	Iron	2.88mg	
	_0.00mg	•		

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

Chicken Soft Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5596
School:	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)
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Amount Per Serving		
Meat	2.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each
Amount Per Serving
Calories

Amount Per Serving	
Calories	231.67
Fat	10.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	76.00mg
Sodium	559.33mg
Carbohydrates	20.33g
Fiber	0.00g
Sugar	1.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 22.33mg Iron 1.00mg

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

Chocolate Muffin w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5604
School:	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

Meal Components (SLE)

No Preparation Instructions available.

Starch

Amount Per Serving	
Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		260.00	
Fat		12.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		305.00mg	
Carbohydra	ates	27.00g	
Fiber		2.00g	
Sugar		14.00g	
Protein		10.00g	
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	212.76mg	Iron	1.33mg

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

Blueberry Muffin w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5606
School:	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	
Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		270.00	
Fat		13.00g	
SaturatedF	at	4.50g	
Trans Fat		0.10g	
Cholestero		25.00mg	
Sodium		335.00mg	
Carbohydra	ates	30.00g	
Fiber		1.00g	
Sugar		15.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	0.72mg

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

Breadsticks and dipping sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5612
School:	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	
Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	7. 1100 Euch		
Amount Pe	r Serving		
Calories		310.00	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		670.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.40mg

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

Cheese Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	BAKE 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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size	e: 1.00		
Amount Pe	r Serving		
Calories		340.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		420.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		7.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	335.00mg	Iron	2.00mg

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

Pepperoni Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN HAND TOSSED 9CT	1 Slice	BAKE 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.	239241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size	5. 1.00		
Amount Pe	r Serving		
Calories		360.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		6.00g	
Dretein		18.00g	
Protein			
Vitamin A	0.00IU	Vitamin C	0.00mg
	0.00IU 282.00mg		0.00mg 2.40mg

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

Buffalo Chicken Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 1.00 Each			
Amount Per Serving			
Calories		390.00	
Fat		19.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		750.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		8.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

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

Little Caesars Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5624
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		360.00	
Fat		18.00g	
SaturatedFa	at	0.50g	
Trans Fat		9.00g	
Cholesterol		45.00mg	
Sodium		790.00mg	
Carbohydra	ates	31.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	10.00mg

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

4 Meat Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 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.	731211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.13		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Serving Size: 1.00 Slice			
Amount Per Serving			
Calories		370.00	
Fat		17.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		650.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		9.00g	
Protein		20.00g	
Vitamin A	72.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.40mg

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

Little Caesars Sausage Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5628
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

0011119			
Amount Per Serving			
Calories		360.00	
Fat		17.00g	
SaturatedFa	at	9.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		760.00mg	
Carbohydrates		31.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Bacon Breakfast Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE 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		
Meat	1.00	
Grain	1.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

7. 1100 01100		
r Serving		
	210.00	
	9.00g	
at	4.00g	
	0.00g	
	60.00mg	
	340.00mg	
ates	22.00g	
	2.00g	
	5.00g	
	10.00g	
0.00IU	Vitamin C	0.00mg
160.00mg	Iron	1.50mg
	at intes 0.00IU	210.00 9.00g at 4.00g 0.00g 60.00mg 340.00mg 22.00g 2.00g 5.00g 10.00g 0.00IU Vitamin C

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

Big Breakfast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-5635
School:	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. IMMERSE 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		
Meat	12.96	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	

Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		493.92	
Fat		28.00g	
SaturatedFa	at	10.70g	
Trans Fat		0.00g	
Cholestero		139.33mg	
Sodium		950.33mg	
Carbohydra	ates	42.00g	
Fiber		3.00g	
Sugar		2.25g	
Protein		16.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	161.33mg	Iron	2.62mg

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

Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5640
School:	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 Co	mponents	(SLE)
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Amount Per Serving			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

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

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

Rotini with alfredo sauce

Servings:	80.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5667
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 80.00 Serving Size: 1.00 Cup	
Amount Per Serving	
Calories	224.59
Fat	2.37g
SaturatedFat	0.82g
Trans Fat	0.00g
Cholesterol	5.19mg
Sodium	102.19mg
Carbohydrates	43.37g
Fiber	2.00g
Sugar	2.82g

Protein		8.64g	
Vitamin A	60.38IU	Vitamin C	0.00mg
Calcium	62.19mg	Iron	2.00mg

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

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-5681
School:	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		
Meat	2.24	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts		
Servings Per Recipe:	1.00	
Serving Size: 1.00 Ser	ving	
Amount Per Serving		
Calories	391.92	
Fat	20.43g	
SaturatedFat	5.48g	
Trans Fat	2.24g	
Cholesterol	58.21mg	
Sodium	437.64mg	
Carbohydrates	31.17g	
Fiber	3.50g	

Sugar		1.00g	
Protein		18.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.67mg	Iron	0.60mg

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

Chicken Nachos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5689
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 2.00 Ounce	
Amount Per Serving	
Calories	325.07
Fat	13.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	63.33mg
Sodium	450.47mg
Carbohydrates	34.01g
Fiber	3.00g
Sugar	0.00g
Protein	14.67g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 40.01mg Iron 0.60mg

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

Cheese French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5698
School:	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)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
•	

Nutrition Facts

Amount Pe	r Serving				
Calories		320.00			
Fat		15.00g	15.00g		
SaturatedF	at	6.00g			
Trans Fat		0.00g	0.00g		
Cholesterol		25.00mg	25.00mg		
Sodium		580.00mg	580.00mg		
Carbohydra	ates	30.00g			
Fiber		0.00g	0.00g		
Sugar		3.00g	3.00g		
Protein		18.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	340.00mg	Iron	2.30mg		

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

Pepperoni French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5701
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving				
Calories		300.00	300.00		
Fat		12.00g	12.00g		
SaturatedF	at	4.50g			
Trans Fat		0.00g			
Cholesterol		25.00mg	25.00mg		
Sodium		560.00mg	560.00mg		
Carbohydrates		33.00g	33.00g		
Fiber		0.00g	0.00g		
Sugar		4.00g	4.00g		
Protein		18.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	280.00mg	Iron	2.90mg		

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

Breaded Mozzarella Cheese Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot!	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		
2.00		
2.00		
0.00		
0.00		
0.00		
0.00		
0.00		
0.00		

Nutrition Facts

Amount Per Serving			
Calories		310.00	
Fat		11.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		560.00mg	
Carbohydra	ates	33.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		19.00g	
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	516.00mg	Iron	1.77mg

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

Strawberry Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-5712
School:	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)
Amour	nt Per Servina	

Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		230.00	
Fat		6.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		260.00mg	
Carbohydra	ates	39.00g	
Fiber		2.00g	
Sugar		14.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.50mg

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

Maple Pancakes

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
A moun	t Dor Sorving	

Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		220.00	
Fat		6.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		270.00mg	
Carbohydra	ates	37.00g	
Fiber		2.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

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

Chicken Tenders

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. 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

Preparation Instructions

Meal Components (SLE)

No Preparation Instructions available.

Starch

Amount Per Serving	
Meat	2.00
Grain	1.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

0.00

Nutrition Facts

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

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

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

Frozen = Use by expiration date

Basic Preparation

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

Meal	Com	ponents	(SLE)
moai	OUIII		(

Amount Per Serving	` ,
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 4.00 Serving

Amount Per	r Serving		
Calories		83.33	
Fat		1.52g	
SaturatedFa	at	0.76g	
Trans Fat		0.00g	
Cholesterol		3.79mg	
Sodium		378.79mg	
Carbohydra	ites	15.91g	
Fiber		1.52g	
Sugar		0.00g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.18mg	Iron	0.27mg

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

Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5717
School:	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 OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Meal	Components	(SLE)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	3: 1:00 Each		
Amount Pe	r Serving		
Calories		280.00	
Fat		8.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		660.00mg	
Carbohydra	ates	38.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	2.90mg

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

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5718
School:	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 OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Meal	Comp	onents	(SLE)
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Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

OCIVING OIZ	5. 1.00 Lacii		
Amount Pe	r Serving		
Calories		300.00	
Fat		10.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	10.00mg	
Sodium		670.00mg	
Carbohydra	ates	39.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.90mg

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

Hot Dog 100% Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5719
School:	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	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Place hot dog in bun and wrap in paper towel. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM 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 Servina	

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	•

Nutrition Facts

Octving Oizo. 1.00 Edo	! !
Amount Per Serving	
Calories	300.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	30.00mg
Sodium	665.00mg
Carbohydrates	28.00g
Fiber	5.00g
Sugar	3.00g
Protein	11.00g

Vitamin A	0.00IU	Vitamin C	2.00mg
Calcium	40.00mg	Iron	1.44mg

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

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5724
School:	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

Meal Components (SLE)

Starch

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

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00

0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		488.00	
Fat		17.50g	
SaturatedFa	at	4.90g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		784.00mg	
Carbohydrates		62.00g	
Fiber		6.00g	
Sugar		14.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	4.18mg

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

Orange Wedge

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

Ingredients

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

Preparation Instructions

Wash Oranges.

Cut into Wedges with a knife or fruit wedger

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		80.90	
Fat		0.20g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		1.70mg	
Carbohydra	ates	21.00g	
Fiber		3.60g	
Sugar		14.00g	
Protein		1.50g	
Vitamin A	407.55IU	Vitamin C	97.52mg
Calcium	70.95mg	Iron	0.21mg

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

Strawberry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5726
School:	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 Com	ponents ((SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	_

Nutrition Facts

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

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

Grape Juice

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5727
School:	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	Cc	m	ponen	its	(SLE)
_	_	_	_		

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 4.00 Serving

Serving Size: 4.00 Serving					
Amount Pe	Amount Per Serving				
Calories		80.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		20.00mg			
Carbohydrates		19.00g			
Fiber		0.00g			
Sugar		18.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	1.20mg		
Calcium	20.00mg	Iron	0.00mg		

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

Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5728
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COLUMN CIZO	Cerving Cize. 1:00 Edon			
Amount Per Serving				
Calories		60.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		14.00g		
Fiber		0.00g		
Sugar		12.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Apple Juice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 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 date of production Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135440

Preparation Instructions

No Preparation Instructions available.

Meal	Cc	m	ponen	its	(SLE)
_	_	_	_		

Amount Per Serving				
Meat	0.00			
Grain	0.00			
Fruit	0.50			
GreenVeg	0.00			
RedVeg	0.00			
OtherVeg	0.00			
Legumes	0.00			
Starch	0.00			

Nutrition Facts

Serving Size	. 1.00 Eaci	l			
Amount Pe	Amount Per Serving				
Calories		60.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		5.00mg			
Carbohydra	Carbohydrates				
Fiber		0.00g			
Sugar		12.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	60.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

Smiley Taters

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6310
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.63	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.00

Serving Size	. 0.00			
Amount Per Serving				
Calories		162.50		
Fat		5.63g		
SaturatedFat		0.63g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		225.00mg		
Carbohydra	Carbohydrates			
Fiber		2.50g		
Sugar		0.00g		
Protein		2.50g		
Vitamin A	0.00IU	Vitamin C	3.00mg	
Calcium	0.00mg	Iron	0.45mg	

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

Green Leaf Lettuce & Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6365
School:	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

Amount Per Serving			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.13		
RedVeg	0.13		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each)
Amount Per Serving	
Calories	36.34
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.87mg
Carbohydrates	7.79g
Fiber	2.20g
Sugar	5.00g

Protein		1.60g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	28.24mg	Iron	0.77mg

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

Sister Schubert's Yeast Roll

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

Ingredients

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

Preparation Instructions

Bake until warm 140*F Spray with butter spray.

Hold in warmer until service.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

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

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

6 oz Apple Juice

Servings:	1.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6386
School:	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)

0.00
0.00
0.50
0.00
0.00
0.00
0.00
0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.00 Fluid Ounce

Serving Size: 6.00 Fluid Ounce			
Amount Pe	Amount Per Serving		
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		6.00mg	
Carbohydra	ites	21.00g	
Fiber		0.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

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

6 oz. Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6391
School:	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)
Amoun	t Per Serving	

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.00 Fluid Ounce

Amount Per Serving				
Calories		90.00		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		0.00mg		
Carbohydrates		20.00g		
Fiber		0.00g		
Sugar		18.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	63.00mg	
Calcium	20.00mg	Iron	0.00mg	

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

6 oz. Grape Juice

Servings:	1.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6395
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.00 Fluid Ounce

Amount Pe	r Serving		
Calories		120.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydrates		29.00g	
Fiber		0.00g	
Sugar		27.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

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

Strawberry Pop Tarts

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
∧ mount	Dor So	rvina	

Amount Per Serving	
Meat	0.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Colving Cizo. 1.00 Edon			
Amount Pe	r Serving		
Calories		354.00	
Fat		5.50g	
SaturatedF	at	1.80g	
Trans Fat		0.10g	
Cholestero		0.00mg	
Sodium		371.00mg	
Carbohydra	ates	76.00g	
Fiber		5.60g	
Sugar		30.00g	
Protein		4.20g	
Vitamin A	220.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Cinnamon Pop Tarts

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

Ingredients

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

Preparation Instructions

Basic Preparation

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

Meal	Components	(SLE)
Amoun	t Par Sarvina	

Amount Per Serving	
Meat	0.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		371.00		
Fat		6.00g		
SaturatedF	at	2.00g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		397.00mg		
Carbohydra	ates	76.00g		
Fiber		5.60g		
Sugar		31.00g		
Protein		4.80g		
Vitamin A	1000.00IU	Vitamin C	0.00mg	
Calcium	200.00mg	Iron	3.60mg	

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

Fudge Pop Tarts

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

Ingredients

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

Preparation Instructions

Basic Preparation

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

Meal	Components	(SLE)
Amount	Per Serving	

Amount Per Serving	
Meat	0.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		370.00		
Fat		6.00g		
SaturatedF	at	2.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		390.00mg		
Carbohydra	ates	76.00g		
Fiber		6.00g		
Sugar		30.00g		
Protein		5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	200.00mg	Iron	3.60mg	

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

Blueberry Pop Tarts

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

Ingredients

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

Preparation Instructions

Meal Components (SLF)

Basic Preparation

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

wear components (SLL)	
0.00	
2.25	
0.00	
0.00	
0.00	
0.00	
0.00	
0.00	

Nutrition F	acts
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oer virig oize	7. 1.00 Lacii		
Amount Pe	r Serving		
Calories		363.00	
Fat		5.50g	
SaturatedF	at	1.80g	
Trans Fat		0.10g	
Cholestero		0.00mg	
Sodium		360.00mg	
Carbohydra	ates	76.00g	
Fiber		5.60g	
Sugar		30.00g	
Protein		4.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Salisbury Steak with brown gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 114-3Z ADV	1 Each	Conventional oven: preheat oven to 375degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-3 minutesor 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 Compone Amount Per Serving	nts (SLE)
Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: Serving Size: 1.00 Eac	1.00	
Amount Per Serving		
Calories	225.00	
Fat	14.50g	
SaturatedFat	6.00g	
Trans Fat	0.00g	
Cholesterol	45.00mg	
Sodium	480.00mg	
Carbohydrates	9.00g	
Fiber	1.00g	
Sugar	1.00g	
Protein	15.00g	

Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.90mg

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

Cocoa Puffs

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6415
School:	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	` ,
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		110.00	
Fat		1.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		120.00mg	
Carbohydra	ates	25.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.50mg

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

Lucky Charms

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6416
School:	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 Com	ponents	(SLE)
-----------------	---------	-------

Amount Per Serving	` ,
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

r Servina		
	110.00	
	1.00g	
at	0.00g	
	0.00g	
1	0.00mg	
	180.00mg	
ates	23.00g	
	2.00g	
	9.00g	
	2.00g	
0.00IU	Vitamin C	0.00mg
110.00mg	Iron	3.60mg
	ates 0.00IU	110.00 1.00g 1.00g 0.00g 0.00g 1.000mg 180.00mg 23.00g 2.00g 9.00g 2.00g 0.00IU Vitamin C

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

Cinnamon Toast Crunch

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6417
School:	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	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		120.00	
Fat		2.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		160.00mg	
Carbohydra	ites	22.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	2.50mg

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

Toast

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

Ingredients

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

Preparation Instructions

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

Spray with butter spray.

Bake at 325-350 for 5-8 min.

Bread should be lightly toasted.

Serve with grape jelly

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		100.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		115.00mg	
Carbohydra	ates	18.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Fresh Roasted Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6431
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	e: 4.00 Ounce	е	
Amount Pe	r Serving		
Calories		15.45	
Fat		0.15g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		37.00mg	
Carbohydra	ates	3.00g	
Fiber		1.20g	
Sugar		1.00g	
Protein		1.30g	
Vitamin A	283.47IU	Vitamin C	40.59mg
Calcium	21.39mg	Iron	0.33mg

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

Apple Slices

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

Ingredients

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

Preparation Instructions

ORDER # 482194 when AVAILABLE

Meal	Com	ponents	(SLE)
------	-----	---------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		30.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	7.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

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

Fresh Fruit Salad

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6437
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

	3	
r Serving		
	48.63	
	0.18g	
at	0.00g	
	0.00g	
l	0.00mg	
	9.08mg	
Carbohydrates		
	1.66g	
	9.67g	
	0.40g	
606.80IU	Vitamin C	51.94mg
19.07mg	Iron	0.23mg
	at I ates 606.80IU	48.63 0.18g at 0.00g 0.00g 0.00mg 9.08mg 11.94g 1.66g 9.67g 0.40g 606.80IU Vitamin C

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

Chicken Sandwich Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6439
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each)
Amount Per Serving	
Calories	11.99
Fat	0.05g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	269.00mg
Carbohydrates	2.66g

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

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

Crispy French Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fries	3 Ounce		5621005307

Preparation Instructions

Bake in Convection oven at 400*F for 10 minutes

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Amount Per	r Sorvina		
-	Serving		
Calories		170.00	
Fat		8.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydra	ites	21.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	0.60mg

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

Cheesy Bean Dip

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 1/2 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	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			
Meat	1.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg 0.00			
Legumes	1.00		
Starch	0.00		

Nutrition Servings Pe Serving Size	r Recipe: 1.0	00	
Amount Pe	r Serving		
Calories		250.00	
Fat		6.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		370.00mg	
Carbohydra	ites	29.00g	
Fiber		10.00g	
Sugar		0.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.88mg

Calcium 50.54mg Iron 2.30mg

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Corn

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

Ingredients

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

Preparation Instructions

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

STEAM UNCOVERED AT FOR 9 TO 10 MINUTES.

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

Meal Components (SLE)

Amount Per Serving			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.50		

Nutrition Facts

Servings Per Recipe: 120.00 Serving Size: 0.50 Cup

Serving Size: 0.50 Cup			
Amount Per	Serving		
Calories		67.47	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydra	ites	16.13g	
Fiber		2.00g	
Sugar		3.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Egg Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6506
School:	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	Com	ponents	(SLE)
------	-----	---------	-------

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	. 1.00 Each		
Amount Pe	r Serving		
Calories		140.00	
Fat		5.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		550.00mg	
Carbohydra	ites	22.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.72mg

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

Fried Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRD VEG 4-3# AMOY	1/2 Cup	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.	198414

Preparation Instructions

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

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes 0.00		
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving			
Amount Per	Serving		
Calories		80.00	
Fat		3.50g	
SaturatedFa	ıt	0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydra	tes	34.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg Iron 0.00mg

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

Cheesy Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6513
School:	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		
Meat	1.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Amount Per Serving Calories 145.00 Fat 5.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 15.00mg Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g Sugar 2.50g	Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Fat 5.50g SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 15.00mg Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g	Amount Per Serving	
SaturatedFat 3.00g Trans Fat 0.00g Cholesterol 15.00mg Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g	Calories	145.00
Trans Fat 0.00g Cholesterol 15.00mg Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g	Fat	5.50g
Cholesterol 15.00mg Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g	SaturatedFat	3.00g
Sodium 250.00mg Carbohydrates 14.00g Fiber 1.00g	Trans Fat	0.00g
Carbohydrates 14.00g Fiber 1.00g	Cholesterol	15.00mg
Fiber 1.00g	Sodium	250.00mg
	Carbohydrates	14.00g
Sugar 2.50g	Fiber	1.00g
·	Sugar	2.50g
Protein 9.50g	Protein	9.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	0.95mg

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

Peach cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6514
School:	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	Co	m	ponents	(SLE)

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

Nutrition Facts

Octving Oize. 1.00 Each			
Amount Per	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Strawberry Craisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6515
School:	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	Com	ponents	(SLE)
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Amount Per Serving	,
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

Amount Per Serving			
Calories		110.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	28.00g	
Fiber		3.00g	
Sugar		24.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
_			

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

Carnival Cookie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6517
School:	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	

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	: 1.00 Each		
Amount Per	r Serving		
Calories		170.00	
Fat		6.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		130.00mg	
Carbohydra	ites	27.00g	
Fiber		2.00g	
Sugar		13.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Pineapple

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

Ingredients

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

Preparation Instructions

Ready to EAT

Meal Compo	nents (SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving		
	60.00	
	0.00g	
t	0.00g	
	0.00g	
	0.00mg	
	0.00mg	
tes	15.00g	
	1.00g	
	14.00g	
	1.00g	
0.00IU	Vitamin C	0.00mg
0.00mg	Iron	0.36mg
	tes 0.00IU	60.00 0.00g t 0.00g 0.00g 0.00mg 0.00mg 0.00mg tes 15.00g 14.00g 1.00g 0.00IU Vitamin C

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

Banana

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		105.00		
Fat		0.40g		
SaturatedFa	at	0.10g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		1.20mg		
Carbohydra	ites	27.00g		
Fiber		3.10g		
Sugar		14.00g		
Protein		1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg	
Calcium	5.90mg	Iron	0.31mg	

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

Crinkle Cut Carrot Sticks

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

Ingredients

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

Preparation Instructions

Portion into 4 oz cups

Meal	Compon	ents	(SLE)
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Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.50	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

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

Celery Sticks

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

Ingredients

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

Preparation Instructions

Trim tips and root of celery.

Cut into 2 inch sticks.

5-6 sticks per serving.

Be mindful of waste while trimming.

Meal	Compone	nts (SLE)
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Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.50	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Con ring Cize	201 VIII 9 C120. 0.00 Cup			
Amount Per Serving				
Calories		8.70		
Fat		0.10g		
SaturatedFa	at	0.05g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		49.60mg		
Carbohydra	ates	2.00g		
Fiber		1.00g		
Sugar		1.00g		
Protein		0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg	
Calcium	24.80mg	Iron	0.13mg	

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

Mexican Rice

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Servings Per Serving Size	r Recipe: 1.00	0	
Amount Per	r Serving		
Calories		96.85	
Fat		0.40g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		409.05mg	
Carbohydra	ites	21.50g	_
Fiber		0.50g	
Sugar		1.00g	_
Protein		2.35g	
Vitamin A	339.98IU	Vitamin C	9.06mg
Calcium	17.90mg	Iron	1.85mg
*All reporting o		or information on	ly, and is not

used for evaluation purposes

Turkey Pot Roast

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6538
School:	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)
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Amount Per Serving				
Meat	2.00			
Grain	0.00			
Fruit	0.00			
GreenVeg	0.00			
RedVeg	0.00			
OtherVeg	0.00			
Legumes	0.00			
Starch	0.00			

Nutrition Facts	N	utri	itio	n F	ac	ts
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Servings Per Recipe: 1.00

Serving Size: 0.00	
Amount Per Serving	
Calories	119.00
Fat	4.20g
SaturatedFat	1.40g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	385.00mg
Carbohydrates	3.50g
Fiber	0.00g
Sugar	0.70g
Protein	16.10g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	1.26mg

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

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6547
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.50	

Nutrition Facts

Amount Pe	r Servina		
Calories		65.50	
Fat		0.10g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.10mg	
Carbohydra	ates	15.00g	
Fiber		1.90g	
Sugar		1.00g	
Protein		1.70g	
Vitamin A	1.70IU	Vitamin C	16.75mg
Calcium	10.20mg	Iron	0.66mg

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

Sugar Snap Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6549
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

00111119	51 1100 0 0.p		
Amount Pe	r Serving		
Calories		13.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		1.50mg	
Carbohydra	ates	2.50g	
Fiber		1.00g	
Sugar		1.50g	
Protein		1.00g	
Vitamin A	350.00IU	Vitamin C	18.90mg
Calcium	15.00mg	Iron	0.63mg

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

Breaded Pork Chop

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6579
School:	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.

Meat 2.00 Grain 0.50 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.00	Meal Components (SLE) Amount Per Serving		
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meat	2.00	
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Grain	0.50	
RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Fruit	0.00	
OtherVeg 0.00 Legumes 0.00	GreenVeg	0.00	
Legumes 0.00	RedVeg	0.00	
	OtherVeg	0.00	
Starch 0.00	Legumes	0.00	
	Starch	0.00	

Nutrition Servings Pe Serving Size	r Recipe: 1.0	0	
Amount Pe			
Calories		260.00	
Fat		17.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		330.00mg	
Carbohydra	ates	11.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg
*All reporting of TransFat is for information only, and is not			

used for evaluation purposes

Chicken Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6584
School:	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	
Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size. 1.00 Lacit			
Amount Pe	r Serving		
Calories		318.67	
Fat		9.00g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholesterol		74.00mg	
Sodium		1179.33mg	
Carbohydrates		35.33g	
Fiber		1.00g	
Sugar		4.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.33mg	Iron	2.00mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Beef Soft Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-6590
School:	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)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving Amount Per Serving

Amount Per Serving	
Calories	271.50
Fat	15.43g
SaturatedFat	5.48g
Trans Fat	2.24g
Cholesterol	58.21mg
Sodium	458.05mg
Carbohydrates	15.71g
Fiber	0.13g
Sugar	1.25g
Protein	17.67g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 23.33mg Iron 1.00mg

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

Corn & Black Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	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

Preparation Instructions

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

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.25	
Starch	0.25	

Nutrition Fact	ts
Servings Per Recipe	: 1.00
Serving Size: 1.00 C	up
Amount Per Servin	g
Calories	113.64
Fat	2.84g
SaturatedFat	0.57g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	159.09mg
Carbohydrates	18.18g
Fiber	4.55g
Sugar	5.68g
	·

Protein		4.55g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.14mg

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

Curly Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	3 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY 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			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg 0.00			
Legumes	0.00		
Starch	0.50		

Nutrition Facts

Amount Per	r Serving		
Calories		125.58	
Fat		4.88g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		293.02mg	
Carbohydra	ites	20.93g	
Fiber		1.40g	
Sugar		0.00g	
Protein		1.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.95mg	Iron	0.28mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Spicy Macaroni & Cheese

Servings:	85.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6598
School:	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			
Meat	1.88		
Grain 1.88			
Fruit 0.00			
GreenVeg 0.00			
RedVeg 0.00			
OtherVeg 0.00			

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 85.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		461.70	
Fat		17.51g	
SaturatedF	at	10.16g	
Trans Fat		0.00g	
Cholestero	I	64.00mg	
Sodium		741.83mg	
Carbohydra	ates	49.84g	
Fiber		1.88g	
Sugar		11.30g	
Protein		20.52g	
Vitamin A	295.25IU	Vitamin C	0.00mg
Calcium	531.26mg	Iron	1.74mg

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

Mac & Cheese Bar Topppings

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6600
School:	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	
Meat	2.41
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

312.50 20.62g

20.62g
10.49g
0.00g
103.95mg
1446.57mg
3.80g
1.20g
1.98g
27.45g
Vitamin C 0.27mg
Iron 0.44mg

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

Mini Ice Cream Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6807
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
•	

Nutrition Facts

00111119 01110	i iioo Eacii		
Amount Pe	r Serving		
Calories		90.00	
Fat		1.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		50.00mg	
Carbohydra	ites	17.00g	
Fiber		0.00g	
Sugar		9.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Cheetos Puffs

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS PUFF CHED R/F 727Z CHTOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	537871

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
Amount	Per Serving	

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	. 1.00 Lacii		
Amount Pe	r Serving		
Calories		90.00	
Fat		3.50g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		140.00mg	
Carbohydra	ites	13.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

Doritos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	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

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
Amount	Par Sa	rvina	

Amount Per Serving		
Meat	0.00	
Grain	1.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Serving Size. 1.00 Lacit			
Amount Pe	r Serving		
Calories		130.00	
Fat		5.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		200.00mg	
Carbohydra	ates	20.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.30mg
_			

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

Fudge Cream Cookies

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6815
School:	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 healthcarenursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	837500

Preparation Instructions

No Preparation Instructions available.

Meal	Compoi	nents	(SLE)
Amount	Per Servino	1	

Amount Per Serving		
Meat	0.00	
Grain	0.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Oct virig Oizo	. 1100 <u>L</u> aon		
Amount Per	Serving		
Calories		150.00	
Fat		6.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		85.00mg	
Carbohydra	ites	23.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Sriracha Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7065
School:	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)
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Amount Per Serving		
Meat	2.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	
· · · · · · · · · · · · · · · · · · ·		

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 3.60 Serving

Serving Size. 3.60 Serving			
Amount Per	Serving		
Calories		150.00	
Fat		3.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		580.00mg	
Carbohydra	ites	19.00g	
Fiber		0.00g	
Sugar		10.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

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

Pork Loin Roast

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7066
School:	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)
A marin	Dor Conting	

Amount Per Serving	
Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		110.00	
Fat		5.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		630.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.36mg

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

Funfetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7115
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	•

Nutrition Facts

Serving		_
	220.00	
	7.00g	
ıt	1.00g	
	0.00g	
	0.00mg	
	0.00mg	
tes	36.00g	
	0.00g	
	0.00g	
	4.00g	
0.00IU	Vitamin C	0.00mg
0.00mg	Iron	0.00mg
	tes 0.00IU	220.00 7.00g 1.00g 0.00g 0.00mg 0.00mg 0.00mg tes 36.00g 0.00g 0.00g 4.00g 0.00IU Vitamin C

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

Tiger Chef Salad w/ muffin

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

Ingredients

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

Preparation Instructions

Arrange all items in a to-go container.

Keep refrigerated under 41*F.

Meal Components (SLE)

moai oomponom	O (OLL)
Amount Per Serving	
Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
	<u> </u>

Starch 0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		468.97	
Fat		16.76g	
SaturatedF	at	6.31g	
Trans Fat		0.10g	
Cholestero	I	57.93mg	
Sodium		694.56mg	
Carbohydra	ates	47.93g	
Fiber		12.19g	
Sugar		28.68g	
Protein		28.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	275.85mg	Iron	4.11mg

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

Broccoli & Cheese Casserole

Servings:	75.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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		
Meat	0.50	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.50	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	

Starch 0.00

Nutrition Facts

Servings Per Recipe: 75.00 Serving Size: 4.00 Serving

Amount Pe	r Serving		
Calories		88.54	
Fat		5.43g	
SaturatedF	at	2.86g	
Trans Fat		0.00g	
Cholestero	I	17.11mg	
Sodium		317.38mg	
Carbohydra	ates	5.16g	
Fiber		1.28g	
Sugar		1.27g	
Protein		5.64g	
Vitamin A	250.73IU	Vitamin C	0.00mg
Calcium	136.55mg	Iron	0.50mg

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

Vanilla Ice Cream Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Sorvina		1
-	Serving		
Calories		100.00	
Fat		2.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		45.00mg	
Carbohydra	ites	19.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.00mg

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

Chocolate Ice Cream Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	<u> </u>

Nutrition Facts

Amount Pe	r Serving		
Calories		100.00	
Fat		2.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		40.00mg	
Carbohydra	ates	19.00g	
Fiber		1.00g	
Sugar		14.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.60mg

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

Strawberry Sundae Ice Cream Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10890
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Per	Serving		
Calories		0.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mixed Berry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10891
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Servina		
Calories		90.00	
Fat		0.00g	
SaturatedFa	nt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	20.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chicken & Cornbread Casserole

Servings:	25.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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		
Meat	2.35	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		432.09	
Fat		7.46g	
SaturatedFa	at	1.99g	
Trans Fat		0.00g	
Cholesterol		86.61mg	
Sodium		2064.81mg	
Carbohydra	tes	60.37g	
Fiber		2.24g	
Sugar		5.05g	
Protein		31.88g	
Vitamin A	366.03IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.65mg

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

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11898
School:	HUNTERTOWN ELEMENTARY		

Ingredients

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

Preparation Instructions

1 can of green beans

2 oz chicken broth

2 oz bacon bits

1 Tbsp Ms. Dash

Equals (25) .5 cup serving of other vegetable

Rinse top of green bean can before opening. Do not drain liquid. Put in 2 in pan.

Add chicken base to juice to liquid to create a cooking broth.

Mix in Ms Dash. Top with bacon bits.

Cook covered in oven at 350*F for 30 minutes

Store in warmer at 140-160* F until service

Meal Components (SLE)

mear components (CLL)		
Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.50	
Legumes	0.00	
· ·		

Starch 0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		55.45	
Fat		2.27g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		320.70mg	
Carbohydra	ites	6.06g	
Fiber		2.00g	
Sugar		3.03g	
Protein		3.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	0.00mg

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

Loaded potato soup

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11997
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.50	

Hutiltio	i i acts		
Servings Pe	r Recipe: 8.00)	
Serving Size	e: 1.00		
Amount Pe	r Serving		
Calories		111.60	
Fat		7.47g	
SaturatedF	at	4.06g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		84.21mg	
Carbohydra	ates	7.94g	
Fiber		0.49g	
Sugar		2.42g	
Protein		2.68g	
Vitamin A	31.25IU	Vitamin C	0.10mg
Calcium	109.81ma	Iron	0.25mg

Nutrition Facts

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

Very Berry Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13825
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydra	ates	17.00g	
Fiber		0.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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

Apple Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13827
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.00mg	
Carbohydra	ates	14.00g	
Fiber		0.00g	
Sugar		13.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

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

Orange Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13828
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		60.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		10.00mg		
Carbohydrates		15.00g		
Fiber		0.00g		
Sugar		13.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Grape Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13829
School:	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	Comp	onents	(SLE)
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Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Per Serving				
Calories		80.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		10.00mg		
Carbohydra	ates	20.00g		
Fiber		0.00g		
Sugar		19.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.00mg	

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

Fruit Punch Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13830
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 4.23 Ounce

Amount Pe	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		5.00mg	
Carbohydra	ates	15.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

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

Apple Juice Box (6oz)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.75 Ounce

Amount Pe	r Serving		
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydra	ites	23.00g	
Fiber		0.00g	
Sugar		21.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.00mg

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

Fruit Punch Juice Box (6oz)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.75 Ounce

Amount Per	Serving		
Calories		100.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydra	ites	25.00g	
Fiber		0.00g	
Sugar		23.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Orange Juice Box (6oz)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.75 Ounce

			•
Amount Per	r Serving		
Calories		100.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydra	ites	24.00g	
Fiber		0.00g	
Sugar		22.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Non-fat White Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg 0.00	
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	. Hoo cap		
Amount Per	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		120.00mg	
Carbohydrates		11.00g	
Fiber		0.00g	
Sugar		11.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mini Blueberry Muffins

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14029
School:	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	Comp	onents	(SLE)
Amount	Par Sarvi	ina	

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Oct virig Oize. 5.00 Lacit				
Amount Per Serving				
Calories		285.00		
Fat		6.75g		
SaturatedFa	at	1.13g		
Trans Fat		0.00g		
Cholesterol		18.75mg		
Sodium		187.50mg	187.50mg	
Carbohydrates		54.00g		
Fiber		0.75g		
Sugar		20.25g		
Protein		2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	52.50mg	Iron	0.83mg	

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

Mini Chocolate Muffins

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14030
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories		510.00	
Fat		22.50g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholestero		67.50mg	
Sodium		345.00mg	
Carbohydrates		73.50g	
Fiber		3.00g	
Sugar		40.50g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.50mg

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

Roasted Zucchini, Tomatoes & Squash

Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14031
School:	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		
Meat	0.08	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.17	
OtherVeg 0.00		
Legumes 0.00		

Starch 0.00

Nutrition Facts

Servings Per Recipe: 6.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		37.52	
Fat		2.33g	
SaturatedFa	at	0.99g	
Trans Fat		0.00g	
Cholestero		4.17mg	
Sodium		415.27mg	
Carbohydrates		2.67g	
Fiber		0.98g	
Sugar		1.50g	
Protein		2.05g	
Vitamin A	316.80IU	Vitamin C	6.06mg
Calcium	55.70mg	Iron	0.20mg

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

Bacon Egg & Cheese Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14132
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.08Z	1 Each	Thawing Instructions 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

Meal Components (SLF)

Starch

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

Meai Componei	ito (OLL)
Amount Per Serving	
Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
·	

0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		170.00	
Fat		7.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	l	60.00mg	
Sodium		380.00mg	
Carbohydra	Carbohydrates 17.00g		
Fiber		2.00g	
Sugar		1.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	128.00mg	Iron	1.00mg
	*All reporting of TransFat is for information only, and is not		

used for evaluation purposes

Strawberry Applesauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

OCIVING OIZO	Serving Size. 0.30 Cup		
Amount Per	r Serving		
Calories		50.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		14.00g	
Fiber		1.00g	
Sugar		12.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sausage Taco Crispy Stick

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

Meat 0.50 Grain 1.25 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.00	Meal Components (SLE) Amount Per Serving		
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meat	0.50	
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Grain	1.25	
RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Fruit	0.00	
OtherVeg 0.00 Legumes 0.00	GreenVeg	0.00	
Legumes 0.00	RedVeg	0.00	
	OtherVeg	0.00	
Starch 0.00	Legumes	0.00	
	Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00			
Serving Size	•		
Amount Per	r Serving		
Calories		180.00	
Fat		7.00g	
SaturatedFat 1.50g			
Trans Fat 0.00g			
Cholesterol 40.00mg			
Sodium 260.00mg			
Carbohydrates 24.00g			
Fiber 2.00g			
Sugar		4.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Turkey Sausage Pancake Bites

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14159

Ingredients

Description Measurement Prep Instructions DistPart #

PANCK WRAP TKY WGRAIN

Thawing Instructions

MINI 2-5

4 Each
FROM THAWED OR FROZEN. THAW OVERNIGHT IN 696180

COOLER IN CASE OR IN COVERED TRAYS

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	
Meat	1.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		240.00	
Fat		12.00g	
SaturatedFa	at	3.33g	
Trans Fat		0.00g	
Cholesterol		33.33mg	
Sodium		373.33mg	
Carbohydra	ites	20.00g	
Fiber		4.00g	
Sugar		5.33g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

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

Bacon Boat Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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		
Meat	1.00	
Grain	1.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Fa Servings Per Red Serving Size: 1.0	cipe: 1.00		
Amount Per Ser	ving		
Calories		210.00	
Fat		8.00g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		360.00mg	
Carbohydrates		25.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		9.00g	
Vitamin A 0.00	OIU	Vitamin C	0.00mg
Calcium 140	.00mg	Iron	1.50mg
*All reporting of TransFat is for information only, and is not			

^{*}All reporting of TransFat is for information only, and is no used for evaluation purposes

Mini Powdered Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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			
Meat	0.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

COLUMN CIZO	Cerving Cize. 1.00 Edon			
Amount Pe	r Serving			
Calories		270.00		
Fat		11.00g		
SaturatedFa	at	4.50g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		290.00mg		
Carbohydra	ites	41.00g		
Fiber		2.00g		
Sugar		19.00g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	27.00mg	Iron	1.00mg	

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

Mini Chocolate Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

Cerving Cize. 1.00 Edon			
Amount Pe	r Serving		
Calories		320.00	
Fat		16.00g	
SaturatedFa	at	9.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		310.00mg	
Carbohydra	ates	42.00g	
Fiber		3.00g	
Sugar		19.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	2.00mg

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

Warm Cocoa Puffs Bar

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

Mutrition Facts

Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Amount Pe	r Serving			
Calories		250.00		
Fat		7.00g		
SaturatedFa	at	2.00g		
Trans Fat		0.00g	0.00g	
Cholesterol		5.00mg		
Sodium		310.00mg		
Carbohydrates		43.00g		
Fiber		3.00g	3.00g	
Sugar		15.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

Warm Cinnamon Toast Crunch Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Amount Pe	r Serving			
Calories		250.00		
Fat		8.00g		
SaturatedFa	at	3.00g		
Trans Fat		0.00g		
Cholesterol		5.00mg		
Sodium		280.00mg		
Carbohydrates 40.00g				
Fiber		2.00g		
Sugar		14.00g	14.00g	
Protein		6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

Mild Salsa Cup

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

Ingredients

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

Preparation Instructions

Meal Components (SLE)

Ready to use.

OtherVeg

Legumes

Starch

Portion into 4oz souffle cups

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50

0.00

0.00

0.00

Nutrition Facts

Solving Size. 1.00 Edon				
Amount Per Serving				
Calories		15.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		345.00mg		
Carbohydrates		4.50g		
Fiber		1.50g		
Sugar		3.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Sour cream

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		25.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		30.00mg	
Carbohydra	ites	4.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Shredded Lettuce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14175
School:	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	Com	ponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Serving Size	. 0.30 Cup		
Amount Per	Serving		
Calories		5.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	1.00g	
Fiber		0.50g	
Sugar		0.50g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.18mg

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

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14176
School:	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	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	. Troo Carre		
Amount Per	r Serving		
Calories		90.00	
Fat		6.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		210.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Homemade Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14177
School:	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.

2.00
0.00
0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		379.38	
Fat		17.44g	
SaturatedFa	at	10.44g	
Trans Fat		0.00g	
Cholesterol		35.63mg	
Sodium		876.44mg	
Carbohydra	ites	31.63g	
Fiber		1.75g	
Sugar		3.50g	
Protein		21.88g	
Vitamin A	150.00IU	Vitamin C	1.35mg
Calcium	20.00mg	Iron	2.27mg

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

Homemade Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14178
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	

Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		353.13	
Fat		15.00g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero		30.00mg	
Sodium		775.00mg	
Carbohydra	ates	31.63g	
Fiber		1.75g	
Sugar		3.50g	
Protein		20.75g	
Vitamin A	150.00IU	Vitamin C	1.35mg
Calcium	20.00mg	Iron	2.21mg

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

Homemade Sausage Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14180
School:	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	1/8 Cup		100234
CHEESE MOZZ LMPS SHRD FTHR 4-5#	2 Ounce		265041
SAUSAGE ITAL CHNK CKD W/TVP40/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 Com	ponents ((SLE)
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Amount Per Serving	, ,
Meat	2.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		397.20	
Fat		18.38g	
SaturatedFa	at	10.67g	
Trans Fat		0.00g	
Cholestero		37.80mg	
Sodium		904.00mg	
Carbohydra	ates	33.16g	
Fiber		2.04g	
Sugar		4.08g	
Protein		23.12g	
Vitamin A	208.00IU	Vitamin C	1.87mg
Calcium	25.20mg	Iron	2.62mg

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

Ranch Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
Amount	Per Serving	

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Colving Cize	Colving Cize: 1:00 Edoi1		
Amount Per	r Serving		
Calories		60.00	
Fat		3.50g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		370.00mg	
Carbohydra	ites	7.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.04mg	Iron	0.03mg

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

Rice Krispie Treat

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14184
School:	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	
Meat	0.00
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	<u> </u>

Nutrition Facts

Amount Per Serving				
Calories		50.00		
Fat		1.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		45.00mg		
Carbohydra	ites	9.00g		
Fiber		0.00g		
Sugar		3.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.60mg	

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

Caramel Dip

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	<u> </u>

Nutrition Facts

Colving Cizo. 1.00 Edon			
Amount Per Serving			
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		70.00mg	
Carbohydra	ates	18.00g	
Fiber		0.00g	
Sugar		15.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.00mg

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

Marinara Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Colving Cizo. 1:00 Edon			
Amount Per	r Serving		
Calories		40.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		200.00mg	
Carbohydra	ates	8.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Berries & Unicorn Dip

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14188
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Fact Servings Per Recipe Serving Size: 4.00 Serving Size: 4.00 Serving Size: 4.00 Serving Size: 4.00 Serving	: 1.00
Amount Per Servin	g
Calories	68.77
Fat	2.36g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.16mg
Carbohydrates	12.89g
Fiber	2.31g
Sugar	8.33g
Protein	0.80g

Vitamin A	13.61IU	Vitamin C	66.68mg
Calcium	18.14mg	Iron	0.46mg

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

Chicken Rings

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14189
School:	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)
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Amount Per Serving	
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	. 5.00 Lacii		
Amount Pe	r Serving		
Calories		220.00	
Fat		10.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		55.00mg	
Sodium		380.00mg	
Carbohydra	ates	14.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		18.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Biscuit Stick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14193
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	1 1/4 Ounce	BAKE 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		
Meat	0.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Servings Pe		00	
Serving Size	•		
Amount Pe	r Serving		
Calories		110.00	
Fat		5.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		370.00mg	
Carbohydra	ites	13.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

used for evaluation purposes

Emoji Taters

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14198
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		150.00	
Fat		5.00g	
SaturatedFat	t	0.63g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		100.00mg	
Carbohydrat	es	22.50g	
Fiber		2.50g	
Sugar		0.00g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Corn on the Cob

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14199
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		62.35	
Fat		1.00g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.90mg	
Carbohydra	ates	13.50g	
Fiber		1.45g	
Sugar		4.50g	
Protein		2.35g	
Vitamin A	135.58IU	Vitamin C	4.93mg
Calcium	1.45mg	Iron	0.38mg

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

Chef Salad Box w/ Hawaiian Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14201
School:	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

Meat	2.01
Grain	0.00
Fruit	0.00
GreenVeg	4.71
RedVeg	0.25
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	316.98
Fat	8.41g
SaturatedFat	4.54g
Trans Fat	0.00g
Cholesterol	33.40mg
Sodium	600.68mg
Carbohydrates	31.57g
Fiber	11.73g
Sugar	16.28g

Protein		26.43g	
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	270.02mg	Iron	4.27mg

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

Cheesy Bacon Eggs

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

Ingredients

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

Preparation Instructions

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

Begin cook process, stirring product every 10 minutes.

CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

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

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Serving Size. 1.00 Serving			
Amount Per	Serving		
Calories		120.00	
Fat		0.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		170.00mg	
Sodium		280.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14203
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Meal Components (SLF)

Starch

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.

wicai components (CLL)		
Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	

0.00

Nutrition Facts	
Servings Per Recipe: 1.00)
Serving Size: 1.00 Each	
Amount Per Serving	
Calories	190.00
Fat	8.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	430.00mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.60mg
*All reporting of TransFat is for	r information only, and is not

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Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14205
School:	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	S (SLE)
Amount Per Serving	

Amount Per Serving	
Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Serving

Amount Pe	r Serving		
Calories		88.61	
Fat		6.08g	
SaturatedFa	at	3.44g	
Trans Fat		0.00g	
Cholesterol		12.66mg	
Sodium		264.30mg	
Carbohydra	ites	4.05g	
Fiber		0.00g	
Sugar		0.51g	
Protein		3.54g	
Vitamin A	26.33IU	Vitamin C	0.00mg
Calcium	13.67mg	Iron	0.51mg

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

Hash brown

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14206
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Amount Per Serving			
Calories		125.00	
Fat		6.50g	
SaturatedFa	nt	1.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydra	tes	14.50g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.35mg

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

Ketchup Dip

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories		35.00	
Fat		0.00g	
Γαι		0.00g	
SaturatedFa	nt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		290.00mg	
Carbohydrates		8.00g	
Fiber		0.00g	
Sugar		7.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14208
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
-	Serving		
Calories		10.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		65.00mg	
Carbohydra	tes	2.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Honey Mustard

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories		45.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydrates		10.00g	
Fiber		0.00g	
Sugar		9.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

BBQ

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Servina		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		340.00mg	
Carbohydra	tes	21.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chicken & Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14211
School:	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	

Amount Per Serving		
Meat	5.19	
Grain	3.61	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Per	r Serving		
Calories		710.00	
Fat		33.00g	
SaturatedFa	at	5.50g	
Trans Fat		0.00g	
Cholesterol		120.00mg	
Sodium		1260.00mg	
Carbohydra	ites	51.50g	
Fiber		3.50g	
Sugar		2.00g	
Protein		50.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	3.00mg

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

Hawaiian Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14231
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 1/4 Ounce		149052

Preparation Instructions

No Preparation Instructions available.

Meal Com	ponents ((SLE)
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Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Serving		
	110.00	
	2.00g	
at	1.00g	
	0.00g	
	5.00mg	
	180.00mg	
tes	18.00g	
	1.00g	
	4.00g	
	4.00g	
0.00IU	Vitamin C	0.00mg
10.00mg	Iron	0.90mg
	tes 0.00IU	110.00 2.00g 1.00g 0.00g 5.00mg 180.00mg 18.00g 1.00g 4.00g 4.00g 0.00IU Vitamin C

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

Butter

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

	2017/11g 2120: 1:00 Edoi1			
Amount Per	Serving			
Calories		25.00		
Fat		3.00g		
SaturatedFa	at	0.50g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		30.00mg		
Carbohydra	ites	0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Chocolate Strudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14234
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & 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 READY_TO_EAT Heat & 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	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		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg 0.00		
RedVeg 0.00		
OtherVeg 0.00		

Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		230.00	
Fat		8.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	37.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Try Day Friday Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14235
School:	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		
0.00		
0.00		
0.50		
0.00		
0.00		
0.00		
0.00		
0.00		

Nutrition Facts

Amount Per	r Serving		
Calories		30.50	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		15.50mg	
Carbohydra	ites	7.50g	
Fiber		0.50g	
Sugar		7.00g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Sweet Pepper Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14239
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		0.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Pickles

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

r Serving		
	4.00	
	0.00g	
at	0.00g	
	0.00g	
	0.00mg	
	260.00mg	
ites	1.00g	
	0.00g	
	0.00g	
	0.40g	
0.00IU	Vitamin C	0.00mg
11.00mg	Iron	0.17mg
	at es	4.00 0.00g 0.00g 0.00g 0.00mg 260.00mg 1.00g 0.00g 0.00g 0.40g 0.00IU Vitamin C

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

Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	2.85 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14241
School:	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.

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.85 Ounce

Amount Per Serving			
Calories		100.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		220.00mg	
Carbohydra	tes	14.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.00mg	Iron	0.70mg

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

Raw Pickles

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14242
School:	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 Compon Amount Per Serving Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	9.20		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	Trans Fat 0.00g		
Cholesterol 0.00mg			
Sodium 286.50mg			
Carbohydrates	1.00g		
Fiber	0.15g		
Sugar 0.50g			
Protein 0.15g			
Vitamin A 27.30IU	Vitamin C	0.73mg	

Calcium 4.16mg Iron 0.08mg

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

Berries & Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14243
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.35	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		45.63	
Fat		0.18g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.58mg	
Carbohydra	ates	11.44g	
Fiber		1.41g	
Sugar		8.67g	
Protein		0.65g	
Vitamin A	6.80IU	Vitamin C	33.34mg
Calcium	12.82mg	Iron	0.48mg

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

Lasagna Roll Ups

Servings:	21.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14244
School:	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		
Meat	2.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.25	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 21.00 Serving Size: 1.00 Each			
Amount Per Serving			
Calories	266.67		
Fat	6.57g		
SaturatedFat	3.69g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	572.86mg		
Carbohydrates	33.95g		
Fiber	3.14g		
Sugar	8.81g		
Protein	15.76g		
Vitamin A 400.00IU	Vitamin C 6.00mg		

Calcium 307.62mg Iron 1.49mg

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

3 Cheese Curly Pasta

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14245
School:	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	
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Oct virig Oize			
Amount Pe	r Serving		
Calories		314.00	
Fat		16.00g	
SaturatedF	at	8.70g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		801.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	616.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14248
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

Meal Co	mponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.80
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	·

Nutrition Facts

Serving Size	. 4.00 Lacii		
Amount Per	Serving		
Calories		192.00	
Fat		11.20g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		352.00mg	
Carbohydra	ites	12.80g	
Fiber		2.40g	
Sugar		0.80g	
Protein		11.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.52mg

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

Sausage Patty

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

COLVING CIZE	. 1.00 OCIVII	ig .	
Amount Pe	r Serving		
Calories		121.00	
Fat		10.00g	
SaturatedFa	at	3.70g	
Trans Fat		0.00g	
Cholestero		26.00mg	
Sodium		172.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		6.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

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

Chicken Sticks

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14250
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Amount Per Serving	, ,
Meat	2.00
Grain	0.86
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		262.86	
Fat		14.86g	
SaturatedFa	at	2.86g	
Trans Fat		0.00g	
Cholesterol		22.86mg	
Sodium		388.57mg	
Carbohydra	ites	16.00g	
Fiber		2.29g	
Sugar		1.14g	
Protein		14.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.57mg	Iron	2.29mg

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

Blue Doritos

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14252
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
∧ mount	Dor Soi	rvina	

0.00
1.50
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts

COIVING CIZO	Octviring Oize. 1.00 Each		
Amount Pe	r Serving		
Calories		130.00	
Fat		5.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ates	20.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.30mg
Calcium	30.00mg	11011	u.sumg

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

White Doritos

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14253
School:	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	
Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		130.00		
Fat		5.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		170.00mg	170.00mg	
Carbohydrates		20.00g	20.00g	
Fiber		2.00g		
Sugar		0.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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Southwest Fiestada

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14254
School:	HUNTERTOWN ELEMENTARY		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

GOI VIII I GOIZ			
Amount Pe	r Serving		
Calories		360.00	
Fat		14.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		710.00mg	
Carbohydra	ates	43.00g	
Fiber		4.00g	
Sugar		8.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	3.10mg

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

Roasted Red Potatoes & Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14255
School:	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 Meat 0.00 Grain 0.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.25 **OtherVeg** 0.00 Legumes 0.00 Starch 0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50 Cup		
Amount Per Serving		
Calories	110.92	
Fat	5.07g	
SaturatedFat	0.67g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	263.40mg	
Carbohydrates	15.34g	
Fiber	3.05g	
Sugar	3.35g	
Protein 1.13g		
Vitamin A 10701.13IU	Vitamin C 15.07mg	

Calcium 25.48mg Iron 0.62mg

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

Mustard

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

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

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

Mayo

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

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

Double Strawberry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14276
School:	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	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

Preparation Instructions

Assemble ingredients in to- go parfait cup.

Meal Components (SLE) Amount Per Serving		
Meat	1.00	
Grain	1.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch 0.00		

Nutritio	II Facis		
Servings Pe	r Recipe: 1.0	00	
Serving Size	e: 8.00 Servi	ng	
Amount Pe	r Serving		
Calories		309.07	
Fat		5.09g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		145.29mg	
Carbohydra	ates	58.78g	
Fiber		4.36g	
Sugar		39.83g	
Protein		9.09g	
Vitamin A	53.40IU	Vitamin C	16.67mg

Calcium 179.54mg Iron 0.84mg

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

Neapolitan Parfait

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14277
School:	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	Par Sarvina	

Amount Per Serving	
Meat	1.00
Grain	1.00
Fruit	0.17
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 8.00 Serving

Serving Size. 6.00 Serving		
Amount Per Serving		
Calories	284.07	
Fat	5.09g	
SaturatedFat	1.00g	
Trans Fat	0.00g	
Cholesterol	7.50mg	
Sodium	150.29mg	
Carbohydrates	53.67g	

Fiber		3.80g	
Sugar		35.83g	
Protein		8.31g	
Vitamin A	53.40IU	Vitamin C	16.67mg
Calcium	181.59mg	Iron	1.51mg

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

Apple Crisp Parfait

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14278
School:	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	
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

<u> </u>			
Amount Pe	r Serving		
Calories		341.53	
Fat		4.62g	
SaturatedF	at	1.57g	
Trans Fat		0.00g	
Cholestero	I	8.00mg	
Sodium		201.42mg	
Carbohydra	ates	71.00g	
Fiber		5.00g	
Sugar		47.33g	
Protein		7.07g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	247.31mg	Iron	1.00mg

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

Peaches & Cream Parfait

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT	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	
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 8.00 Serving		
Amount Per Serving		
Calories	312.50	
Fat	6.00g	
SaturatedFat	2.00g	
Trans Fat	0.00g	
Cholesterol	7.50mg	
Sodium	145.00mg	
Carbohydrates	57.00g	
Fiber	3.00g	
Sugar	39.50g	
Protein	9.00g	
Vitamin A 50.00IU	Vitamin C	0.00mg

Calcium 175.00mg Iron 0.72mg

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

Cheesy Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14282
School:	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 Componer Amount Per Serving	nts (SLE)
Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Servings Pe Serving Size	r Recipe: 1.0	0	
Amount Pe	r Serving		
Calories		110.00	
Fat		8.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholestero		165.00mg	
Sodium		230.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	1.00mg
*All reporting of	of TransFat is fo	or information on	lly, and is not

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

Cinnamon Raisin Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14283
School:	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		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

OCI VIII G OIZO	. 1.00 Luon		
Amount Per	r Serving		
Calories		160.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydra	ates	34.00g	
Fiber		5.00g	
Sugar		8.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Blueberry Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14284
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

00111119 011110			
Amount Pe	r Serving		
Calories		140.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		160.00mg	
Carbohydra	ites	28.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

White Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14286
School:	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	Comp	onents	(SLE)
------	------	--------	-------

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		140.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydra	ites	28.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Cream Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14287
School:	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	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

00111119 011110			
Amount Pe	r Serving		
Calories		60.00	
Fat		5.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		110.00mg	
Carbohydra	ates	2.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Cream Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14299
School:	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	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	. 1.00 Each			
Amount Pe	Amount Per Serving			
Calories		60.00		
Fat		5.00g		
SaturatedFa	at	3.00g		
Trans Fat		0.00g		
Cholestero		20.00mg		
Sodium		110.00mg		
Carbohydra	ates	2.00g		
Fiber		0.00g		
Sugar		2.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	0.00mg	

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

Strawberry Cream Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14301
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Corving Cize	2017111g 3:20: 1:00 Edoi1		
Amount Pe	r Serving		
Calories		90.00	
Fat		7.00g	
SaturatedFa	at	5.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		90.00mg	
Carbohydrates		4.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

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

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14302
School:	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	
Meat	0.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		300.00	
Fat		13.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		350.00mg	
Carbohydrates		43.00g	
Fiber		3.00g	
Sugar		12.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Homemade French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14303
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description Measurement Prep Instructions DistPart #

Preparation Instructions

No Preparation Instructions available.

Meal	Components ((SLE)
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Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size. 1.00 Lacit				
Amount Per Serving				
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Homemade Bacon Breakfast Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14305
School:	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 FTHR 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		
Meat	2.35	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg 0.00		
OtherVeg 0.00		
Legumes 0.00		

Starch 0.00

Nutrition Facts

Amount Per Serving				
Calories		301.64		
Fat		12.15g		
SaturatedFa	at	5.54g		
Trans Fat		0.00g		
Cholestero		74.96mg		
Sodium		876.59mg		
Carbohydra	ates	30.29g		
Fiber		1.10g		
Sugar		2.79g		
Protein		18.53g		
Vitamin A	0.00IU	Vitamin C	0.14mg	
Calcium	35.93mg	Iron	2.27mg	

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

Homemade Sausage Breakfast Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14306
School:	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

Amount Per Serving	
Meat	2.72
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	2017/11g 2120: 1:00 21100				
Amount Per	r Serving				
Calories		311.20			
Fat		13.33g			
SaturatedFa	at	6.07g			
Trans Fat		0.00g			
Cholesterol		67.85mg			
Sodium		748.80mg	748.80mg		
Carbohydra	ates	33.37g			
Fiber		1.00g			
Sugar		3.00g			
Protein		14.59g			
Vitamin A	28.00IU	Vitamin C	0.00mg		
Calcium	65.38mg	Iron	2.05mg		

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

Nacho Cheese Cup

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14327
School:	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)
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Amount Per Serving	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Serving

		3	
Amount Pe	r Serving		
Calories		190.00	
Fat		10.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		570.00mg	
Carbohydra	ates	14.00g	
Fiber		0.00g	
Sugar		10.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	333.00mg	Iron	0.00mg

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

Doritos Top N Go

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14328
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	_

Nutrition Facts

Amount Pe	r Serving		
Calories		190.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ites	28.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.40mg

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

Tostitos Top N Go

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14329
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		190.00		
Fat		7.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		160.00mg		
Carbohydra	tes	28.00g		
Fiber		3.00g		
Sugar		0.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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Hot Dog Chili

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14332
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Serving

Amount Per	r Serving		
Calories		60.00	
Fat		1.50g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		350.00mg	
Carbohydra	ites	8.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	1.00mg

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

Stuffed Crust Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14339
School:	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)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	7. 1.00 Laon		
Amount Pe	r Serving		
Calories		310.00	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		640.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.60mg

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

Stuffed Crust Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14340
School:	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 (SI	LE)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		320.00	
Fat		13.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		700.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

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

Strawberry Shortcake Cookie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14343
School:	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)
A moun	t Dor Sorving	

Amount Per Serving	
Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		100.00	
Fat		3.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		10.00mg	
Sodium		110.00mg	
Carbohydra	ates	18.00g	
Fiber		1.00g	
Sugar		9.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Crispy Chicken Patty Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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		
Meat	2.00	
Grain	3.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

	John Mig Callett 1100 Continued			
Amount Per Serving				
Calories		380.00		
Fat		15.50g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholestero		25.00mg		
Sodium		620.00mg		
Carbohydra	ates	41.00g		
Fiber		6.00g		
Sugar		5.00g		
Protein		20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	60.00mg	Iron	2.90mg	

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

Very Berry Juice Box (6oz)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 6.75 Ounce

Amount Per Serving			
Calories		100.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydra	tes	26.00g	
Fiber		0.00g	
Sugar		24.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Tiger Chicken Salad w/ croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14435
School:	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	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. 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
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 2505Z	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

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

Nutrition Facts

Amount Pe	r Serving		
Calories		608.64	
Fat		23.22g	
SaturatedF	at	6.47g	
Trans Fat		0.04g	
Cholestero	I	77.80mg	
Sodium		1004.00mg	
Carbohydra	ates	50.77g	
Fiber		14.49g	
Sugar		14.85g	
Protein		45.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	310.95mg	Iron	5.97mg
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^{*}All reporting of TransFat is for information only, and is not used for evaluation purposes

Ham & Turkey Club

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	1 1/2 Ounce	THAW UNDER REFRIGERATION	110600
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	NO PREP	150260
MUSTARD PKT 1000-1/5Z HNZ	1 Each	NO PREP	302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each	NO PREP	131011
TURKEY RST 4-10 COMM	1 1/2 Ounce		110560
BACON CKD THN SLCD 3- 100CT GFS	1 Slice		874124
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
Green Leaf Lettuce, Tomato	1 Serving	1 slice of green leaf lettuce, washed, drained and cut. 1 slice of tomato. 3 pickles equals one serving. This is an extra and does not count toward the vegetable component	R-6365

Preparation Instructions

Assemble sandwich. Bottom of the bun, ham, turkey, cheese, bacon, top with the top of bun. Slice on a diagonal. Offer with lettuce and tomato slice.

Store in cooler.

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

Meal Components (SLE) Amount Per Serving	
Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.26

RedVeg	0.26
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving	
Calories	392.17
Fat	17.26g
SaturatedFat	5.54g
Trans Fat	0.01g
Cholesterol	61.03mg
Sodium	1126.85mg
Carbohydrates	37.29g
Fiber	5.20g
Sugar	11.75g
Protein	26.18g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 139.74mg	Iron 1.83mg

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

Watermelon Applesauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

 Servings Per Recipe: 1.00

 Serving Size: 0.50 Cup

 Amount Per Serving

 Calories
 90.00

 Fat
 0.00g

 SaturatedFat
 0.00g

 Trans Fat
 0.00g

Cholesterol 0.00mg **Sodium** 15.00mg Carbohydrates 0.00g **Fiber** 2.00g Sugar 0.00g **Protein** 0.00g Vitamin A 0.00IU Vitamin C 100.00mg **Calcium** 0.00mg Iron 0.00mg

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

Spicy Chicken Tenders

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal (Components	(SLE)
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Amount Per Serving	` ,
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

N	utr	'iti	on	Fa	cts
			•	. ~	

Servings Per Recipe: 1.00 Serving Size: 3.00 Each			
Amount Per Serving			
Calories 260.00			
Fat	15.00g		
SaturatedFat 2.50g			
Trans Fat 0.00g			
Cholesterol 25.00mg			
Sodium	390.00mg		
Carbohydrates 17.00g			
Fiber	3.00g		
Sugar 1.00g			

Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

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

Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14502
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LINK LO SOD CKD 160- 1Z JDF	1 Each	BAKE 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	Co	m	onent	:s ((SLE)

Amount Per Serving	
Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		3		
Amount Per Serving				
Calories		120.00		
Fat		12.00g		
SaturatedFa	at	4.00g		
Trans Fat		0.00g		
Cholesterol		20.00mg		
Sodium		90.00mg		
Carbohydra	ites	0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.36mg	

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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14503
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	1 Each	BAKE 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	THAW AND SERVE	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		
Meat	1.50	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

	Recipe: 1.00		
	: 1.00 Serving		
Amount Per	Serving		
Calories		255.00	
Fat		10.00g	
SaturatedFa	t	2.50g	
Trans Fat		0.25g	
Cholesterol		32.50mg	
Sodium		505.00mg	
Carbohydra	tes	29.00g	
Fiber		1.00g	
Sugar		4.50g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 136.50mg Iron 2.00mg

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

Bacon Egg & Cheese Biscuit

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

Ingredients

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

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, 2 slices bacon, 1/2 slice of cheese, top of biscuit. Wrap in foil if using for second chance.

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

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	280.83
Fat	14.48g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	680.88mg
Carbohydrates	27.00g
Fiber	1.00g

Sugar		2.50g	
Protein		10.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	1.62mg

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

Cinnamon Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14505
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	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	222127
ICING CREAM CHEESE 16# RICH	1 Tablespoon		133574

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		255.00	
Fat		8.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholestero		7.50mg	
Sodium		215.00mg	
Carbohydra	ates	42.00g	
Fiber		1.00g	
Sugar		17.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.70mg
		· · · · · · · · · · · · · · · · · · ·	

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

Penne Pasta Alfredo

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14506
School:	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		
Meat	1.50	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		407.54	
Fat		14.20g	
SaturatedFa	at	5.92g	
Trans Fat		0.00g	
Cholestero		31.15mg	
Sodium		668.11mg	
Carbohydra	ates	52.20g	
Fiber		2.00g	
Sugar		6.92g	
Protein		17.84g	
Vitamin A	362.30IU	Vitamin C	0.00mg
Calcium	323.11mg	Iron	2.10mg

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

Spaghetti w/ Marinara Sauce

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

Ingredients

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

Preparation Instructions

Meal Components (SLE)

Warm sauce in pouch in steamer.

Warm noodles in kettle.

1 cup of pasta; 4oz marinara sauce

Amount Per Serving	`	,	
Meat		0.00	
Grain		2.00	
Fruit		0.00	
GreenVeg		0.00	

RedVeg 1.13 OtherVeg 0.00 Legumes 0.00 Starch 0.00

Nutrition Facts

	cerving cizer need cance		
Amount Pe	r Serving		
Calories		330.00	
Fat		7.50g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		535.00mg	
Carbohydrates		56.00g	
Fiber		5.00g	
Sugar		12.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.18mg

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

Spaghetti w/ Meat Sauce

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

Ingredients

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

Preparation Instructions

Meal Components (SLE)

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

Amount Per Serving	(==)
Meat	1.50
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 1.00 Each		
erving		
	452.39	
	16.46g	
	4.49g	
	1.49g	
	38.81mg	
	572.31mg	
s	56.00g	
	5.00g	
	12.00g	
	20.45g	
.00IU	Vitamin C	0.00mg
0.00mg	Iron	3.18mg
	.00 Each erving s .00IU .000mg	452.39 16.46g 4.49g 1.49g 38.81mg 572.31mg 56.00g 5.00g 12.00g 20.45g

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

Jackets Chef Salad w/ croissant

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	1/4 Cup	WASH THOROUGHLY. SLICE INTO COINS	626742
Grape Tomatoes	1/4 Cup		749041
HAM FZ W/A 4-10 COMM	1 Ounce	SLICE INTO STRIPS	110600
TURKEY BRST DELI 8-5# COMM	1 Ounce	SLICE INTO STRIPS	765991
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY TO EAT	150250
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	READY TO EAT	165761
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	1/4 Ounce	READY TO EAT	741050
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		517.10	
Fat		22.49g	
SaturatedFa	at	11.65g	
Trans Fat		0.00g	
Cholestero		57.80mg	
Sodium		881.58mg	
Carbohydra	ates	42.46g	
Fiber		11.63g	
Sugar		15.35g	
Protein		34.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	478.52mg	Iron	4.89mg

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

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14662
School:	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	Co	mp	onents	(SLE)
	_	_		

Amount Per Serving	
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

	2017111g C120. 10.00 E4011				
Amount Pe	r Serving				
Calories		210.00			
Fat		8.00g			
SaturatedFa	at	1.50g			
Trans Fat		0.00g			
Cholestero		50.00mg			
Sodium		570.00mg			
Carbohydra	ites	17.00g			
Fiber		2.00g			
Sugar		0.00g			
Protein		18.00g			
Vitamin A	200.00IU	Vitamin C	0.00mg		
Calcium	20.00mg	Iron	1.08mg		

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

Cheddar Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14663
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC GARL & CHS 210-1.20Z	1 Each	BAKE 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	Con	nponent	s (SLE)

Amount Per Serving		
Meat	0.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		110.00	
Fat		5.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		380.00mg	
Carbohydra	ites	13.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.80mg

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

Meat lover's Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14665
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition	n Facts		
Servings Pe	r Recipe: 1.0	00	
Serving Size	: 1.00 Each		
Amount Pe	r Serving		_
Calories		260.00	
Fat		10.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		640.00mg	
Carbohydra	ites	29.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting of	of TransFat is	for information or	nly, and is not

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

Wild Mike's Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14667
School:	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)
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Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		360.00	
Fat		17.00g	
SaturatedFat	t	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrat	es	34.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Wild Mike's Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14668
School:	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 (SL	.E)
----------------------------	-----

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		370.00	
Fat		18.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	l	35.00mg	
Sodium		580.00mg	
Carbohydra	ates	34.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	400.00mg	Iron	1.80mg

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

Cheese Slice

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14740
School:	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	
Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
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Nutrition Facts

Amount Per Serving				
Calories		55.00		
Fat		4.50g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholesterol		12.50mg		
Sodium		225.00mg		
Carbohydrates		1.00g		
Fiber		0.00g	0.00g	
Sugar		0.50g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	81.50mg	Iron	0.00mg	

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

Crispy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14744
School:	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		
Meat	1.81	
Grain	2.92	
Fruit	0.00	
GreenVeg	0.00	
RedVeg 0.00		
OtherVeg	0.00	
Legumes 0.00		

Starch 0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		520.77	
Fat		22.82g	
SaturatedF	at	9.88g	
Trans Fat		0.00g	
Cholestero	I	66.90mg	
Sodium		880.20mg	
Carbohydra	ates	52.46g	
Fiber		3.78g	
Sugar		4.67g	
Protein		24.80g	
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	227.13mg	Iron	4.13mg

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

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14745
School:	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	
Meat	2.17
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		359.66	
Fat		11.20g	
SaturatedF	at	5.76g	
Trans Fat		0.00g	
Cholestero	l	59.40mg	
Sodium		795.20mg	
Carbohydra	ates	39.05g	
Fiber		1.89g	
Sugar		3.33g	
Protein		24.83g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	205.55mg	Iron	3.88mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14746
School:	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	Co	m	ponents	(SLE)

Amount Per Serving	
Meat	1.81
Grain	3.08
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size. 1.00 Eac	اار
Amount Per Serving	
Calories	414.99
Fat	16.45g
SaturatedFat	6.05g
Trans Fat	0.00g
Cholesterol	53.07mg
Sodium	732.70mg
Carbohydrates	47.63g
Fiber	3.22g
Sugar	3.33g
Protein	18.25g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	201.13mg	Iron	3.80mg

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

Ky Hot Brown Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14748
School:	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		
Meat	2.01	
Grain	2.25	
Fruit	0.00	
GreenVeg	0.25	
RedVeg	0.25	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts	
Servings Per Recipe: 1.00	
Serving Size: 1.00 Each	
Amount Per Serving	
Calories	400.88
Fat	18.19g
SaturatedFat	9.94g
Trans Fat	0.01g
Cholesterol	45.23mg
Sodium	958.96mg
Carbohydrates	40.25g
Fiber	1.55g
Sugar	4.08g

Protein		19.95g	
Vitamin A	524.85IU	Vitamin C	6.17mg
Calcium	200.96mg	Iron	3.32mg

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

Chicken BLT Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14749
School:	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	
Meat	2.17
Grain	2.25

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

Nutrition Facts

Amount Pe	r Serving		
Calories		452.20	
Fat		17.70g	
SaturatedFa	at	9.48g	
Trans Fat		0.01g	
Cholestero		75.23mg	
Sodium		948.48mg	
Carbohydra	ates	43.96g	
Fiber		3.33g	
Sugar		5.92g	
Protein		27.89g	
Vitamin A	524.85IU	Vitamin C	6.17mg
Calcium	229.38mg	Iron	4.07mg

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

Turkey & Cheddar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14750
School:	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	
Meat	2.23
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

20.7 mg 2.20. 1100 2.40.1			
Amount Pe	r Serving		
Calories		344.83	
Fat		11.07g	
SaturatedF	at	5.38g	
Trans Fat		0.00g	
Cholestero		14.40mg	
Sodium		876.82mg	
Carbohydra	ates	40.04g	
Fiber		1.89g	
Sugar		3.33g	
Protein		21.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	195.80mg	Iron	3.13mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Crispy Chicken Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	4 Slice	WASH THOROUGHLY. SLICE INTO COINS	626742
Grape Tomatoes	5 Each	WASH THOROUGHLY.	749041
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	NO PREP.	150250
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. Cut into bite size pieces.	740820
CROUTON CHS GARL WGRAIN 2505Z	2 Package	NO PREP	661022
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	READY TO EAT	165761
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Arrange ingredients in to-go container.

Meal Components (SLE) Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	1.00	
RedVeg	0.25	
OtherVeg	0.25	

Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		598.62	
Fat		24.90g	
SaturatedFa	at	7.59g	
Trans Fat		0.04g	
Cholestero		83.40mg	
Sodium		957.80mg	
Carbohydrates		45.45g	
Fiber		12.71g	
Sugar		12.18g	
Protein		44.89g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	395.77mg	Iron	5.97mg

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

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14753
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	1.00	
RedVeg	0.50	
OtherVeg	0.25	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	400.53
Fat	9.20g
SaturatedFat	4.26g
Trans Fat	0.00g
Cholesterol	59.40mg
Sodium	583.70mg
Carbohydrates	39.81g

Fiber		10.30g	
Sugar		13.00g	
Protein		35.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	281.19mg	Iron	5.14mg

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

Chicken Salad Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14754
School:	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			
Meat 2.25			
Grain 2.00			
Fruit 0.00			
GreenVeg	0.25		

RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		355.14	
Fat		11.53g	
SaturatedFa	at	3.51g	
Trans Fat		0.00g	
Cholesterol		75.00mg	
Sodium		1004.64mg	
Carbohydra	ites	36.76g	
Fiber		2.26g	
Sugar		5.26g	
Protein		28.12g	
Vitamin A	72.38IU	Vitamin C	0.50mg
Calcium	76.93mg	Iron	3.12mg

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

Doritos Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14758
School:	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	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
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		
Meat	3.24	
Grain	2.00	
Fruit	0.00	
GreenVeg	1.00	
RedVeg	0.45	
OtherVeg	0.00	
Legumes	0.01	
Starch	0.01	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		551.23	
Fat		27.48g	
SaturatedF	at	9.69g	
Trans Fat		2.24g	
Cholestero		78.21mg	
Sodium		1159.58mg	
Carbohydra	ates	46.64g	
Fiber		7.57g	
Sugar		9.14g	
Protein		29.59g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	87.83mg	Iron	1.62mg

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

SW Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14759
School:	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	_			
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. 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 1 Ounce NO PREP	Description	Measurement	Prep Instructions	DistPart #
MRKN 1/4 Cup WASH THOROUGHLY & DICE 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. CHIX FAJT 30 COMM 3 Ounce THAW UNDER REFRIGERATION OVERNIGHT 154900 CHIP TORTL TOP N GO WGRAIN 44-1.4Z 1 Each NO PREP NO PREP 448010		2 Cup	WASH THOROUGHLY & CHOP	305812
CORN & BLK BEAN FLME RSTD 6-2.5 1/4 Cup 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. CHIX FAJT 30 COMM 3 Ounce THAW UNDER REFRIGERATION OVERNIGHT 154900 CHIP TORTL TOP N GO WGRAIN 44-1.4Z 1 Each NO PREP NO PREP 448010		1/4 Cup	WASH THOROUGHLY & DICE	438197
CHIP TORTL TOP N GO WGRAIN 44-1.4Z 1 Each NO PREP 818222 CHEESE CHED REDC 1 Quince NO PREP		1/4 Cup	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	163760
GO WGRAIN 44-1.4Z 1 Each NO PREP 818222 CHEESE CHED REDC 1 Quince NO PREP 448010	CHIX FAJT 30 COMM	3 Ounce	THAW UNDER REFRIGERATION OVERNIGHT	154900
448010		1 Each	NO PREP	818222
		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			
Meat	2.76		
Grain	2.00		
Fruit	0.00		
GreenVeg 1.00			
RedVeg 0.25			
OtherVeg 0.00			
Legumes	0.01		

Starch 0.01

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		453.63	
Fat		17.58g	
SaturatedF	at	6.98g	
Trans Fat		0.00g	
Cholestero		85.29mg	
Sodium		959.99mg	
Carbohydra	ates	42.58g	
Fiber		7.07g	
Sugar		6.91g	
Protein		29.80g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	36.50mg	Iron	1.22mg

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

Sausage Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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		
Meat	2.25	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Servings Pe Serving Size	r Recipe: 1.0		
Amount Per		'9	
Calories		346.00	
Fat		17.00g	
SaturatedFa	at	6.20g	
Trans Fat		0.00g	
Cholesterol		108.50mg	
Sodium		582.00mg	
Carbohydra	ites	32.00g	
Fiber		4.00g	
Sugar		5.50g	
Protein		18.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg

Calcium 71.00mg Iron 1.80mg

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

English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	2.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15519

Ingredients

Description Measurement Prep Instructions DistPart #

MUFFIN ENGLISH 2Z 12-12CT GCHC 1 Each 208640

Preparation Instructions

Meal Components (SLF)

No Preparation Instructions available.

Starch

wicai components (CLL)		
Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.20 Ounce

COIVING CIZE	5. 2.20 Ourice		
Amount Pe	r Serving		
Calories		130.00	
Fat		1.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		190.00mg	
Carbohydra	ates	25.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.40mg

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

Baked Apples

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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.

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Per	Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydra	tes	22.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Powdered Sugar

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Teaspoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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	Com	ponents	(SLE)
Amount	Per Sei	rving	

Amount Fer Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Teaspoon

Amount Per	Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	ıt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	15.00g	
Fiber		0.00g	
Sugar		14.50g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Grape Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16473
School:	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 Co	mponents	(SLE)
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Amount Per Serving	` ,
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00
· · · · · · · · · · · · · · · · · · ·	

Nutrition Facts

		-	
Amount Pe	r Serving		
Calories		16.20	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		4.50mg	
Carbohydra	ates	3.50g	
Fiber		1.10g	
Sugar		2.50g	
Protein		0.80g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

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

Pimento Cheese Sandwich

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	C	om	pon	ents	(SLE)
^		_			

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 12.00 Serving Size: 1.00 Each Amount Per Serving

Corving Cizor Troc Zac	21.1
Amount Per Serving	
Calories	430.00
Fat	16.83g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	824.17mg
Carbohydrates	43.50g
Fiber	4.00g
Sugar	7.33g

Protein		20.33g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	66.01mg	Iron	2.03mg

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

Scrambled Eggs

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16701
School:	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		
Meat	2.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg 0.00		
Legumes 0.00		
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		65.00	
Fat		3.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		95.00mg	
Sodium		225.00mg	
Carbohydra	ites	1.50g	
Fiber		0.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	0.50mg

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

Build your Own Breakfast Sandwich!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16741
School:	WOODFORD COUNTY HIGH		

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
BACON LO SOD SLCD 18/22 15 FRML	1 Slice		117621
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
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
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	
Meat	3.25

Amount of Octaing	
Meat	3.25
Grain	6.50
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving	
Calories	826.00
Fat	37.50g
SaturatedFat	13.20g
Trans Fat	0.00g
Cholesterol	141.00mg
Sodium	1587.00mg
Carbohydrates	89.00g
Fiber	5.00g
Sugar	8.50g
Protein	36.50g
Vitamin A 56.00IU	Vitamin C 42.00mg
Calcium 375.47mg	Iron 6.01mg

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

Southern Sausage Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16745
School:	WOODFORD COUNTY HIGH		

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	:. 1.00 Each		
Amount Pe	r Serving		
Calories		121.00	
Fat		10.00g	
SaturatedFa	at	3.70g	
Trans Fat		0.00g	
Cholestero		26.00mg	
Sodium		172.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		6.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

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

Crispy Bacon

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16747
School:	WOODFORD COUNTY HIGH		

Ingredients

Starch

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

0.00

Servings Per Recipe: 1.00 Serving Size: 2.00 Slice			
Amount Per	r Serving		
Calories		70.00	
Fat		6.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		160.00mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.93mg	Iron	0.25mg

Nutrition Facts

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

Breakfast Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16749
School:	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	Com	ponents	(SLE)
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Amount Per Serving	
Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	_

Nutrition Facts

Oct virig Oize		•	
Amount Per	r Serving		
Calories		110.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		220.00mg	
Carbohydra	ates	7.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	1.08mg

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

Egg Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16750
School:	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	
Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
'	

Nutrition Facts

00111119 011110			
Amount Pe	r Serving		
Calories		45.00	
Fat		3.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		75.00mg	
Sodium		90.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

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

English Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16752
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		130.00	
Fat		1.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		190.00mg	
Carbohydra	ates	25.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.40mg

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

Build Your Own Parfait Bar!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16771
School:	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		
Meat	2.99	
Grain	1.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving	
Calories	460.03
Fat	5.99g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	198.20mg

Carbohydr	ates	92.27g	
Fiber		3.20g	
Sugar		60.84g	
Protein		11.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	271.02mg	Iron	0.83mg
	4 4		

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

Vanilla Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16777
School:	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	Componen	ts (SLE)
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Amount Per Serving	
Meat	1.49
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	or mod damed		
Amount Pe	r Serving		
Calories		111.94	
Fat		0.75g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		59.70mg	
Carbohydra	ates	23.13g	
Fiber		0.00g	
Sugar		16.42g	
Protein		3.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.00mg

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

Strawberry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16778
School:	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	
Meat	1.49
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	7. 1.00 Garioo		
Amount Pe	r Serving		
Calories		111.94	
Fat		0.75g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		59.70mg	
Carbohydra	ates	23.13g	
Fiber		0.00g	
Sugar		16.42g	
Protein		3.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.00mg

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

Strawberry Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16779
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		47.30	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		7.60mg	
Carbohydra	tes	12.00g	
Fiber		0.40g	
Sugar		11.00g	
Protein		0.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.72mg	Iron	0.22mg

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

Whipped Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16781
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	<u> </u>

Nutrition Facts

Amount Per	r Serving		
Calories		25.00	
Fat		2.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	2.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Granola

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16782
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

No Preparation Instructions available.

Meal C	Components	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		120.00	
Fat		3.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		75.00mg	
Carbohydra	ites	20.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Tortilla Shell

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16785
School:	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	
Meat	0.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		190.00	
Fat		5.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		360.00mg	
Carbohydra	ites	32.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

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

Fresh Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17290
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup Amount Per Serving

Amount Pe	r Serving		
Calories		27.20	
Fat		0.27g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.87mg	
Carbohydra	ates	6.67g	
Fiber		1.73g	
Sugar		4.00g	
Protein		0.60g	
Vitamin A	10.21IU	Vitamin C	50.01mg
Calcium	13.61mg	Iron	0.35mg

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

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	1.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Jerving Jize	5. 4.00 Ounce	•	
Amount Pe	r Serving		
Calories		488.00	
Fat		17.50g	
SaturatedF	at	4.90g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		784.00mg	
Carbohydra	ates	62.00g	
Fiber		6.00g	
Sugar		14.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	4.18mg

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

Rainbow Sherbet Cup

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

Ingredients

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

Preparation Instructions

NO PREP

Meal C	ompon	ents ((SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		110.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydra	ites	26.00g	
Fiber		0.00g	
Sugar		20.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Smoked Ham

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19288
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKHSE RND W/A SLCNG 2PC GCHC	3 Ounce		595683

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serv	/ing		
Calories	150	.00	
Fat	5.25	5g	
SaturatedFat	1.50)g	
Trans Fat	0.00)g	
Cholesterol	67.5	50mg	
Sodium	151	5.00mg	
Carbohydrates	4.50)g	
Fiber	0.00)g	
Sugar	4.50)g	
Protein	21.0)0g	
Vitamin A 0.00	OIU Vit a	min C	0.00mg
Calcium 0.00	Omg Iro n		0.54mg

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

Au Gratin Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19289
School:	NORTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE POTATOES AU GRATIN 6-70Z 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	Compo	nents	(SLE)
Amoun	t Per Servin	iq	

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50
	•

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

r Serving		
	133.33	
	6.00g	
at	2.67g	
	0.00g	
	10.00mg	
	266.67mg	
ites	14.67g	
	1.33g	
	1.33g	
	4.67g	
0.00IU	Vitamin C	0.00mg
102.00mg	Iron	0.00mg
		6.00g at 2.67g 0.00g 10.00mg 266.67mg 14.67g 1.33g 1.33g 4.67g 0.00IU Vitamin C

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

Halloween Candy Corn Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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 Compone	Meal Components (SLE)	
Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.50	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutritio	1 Facts		
	r Recipe: 1.0		
Serving Size	e: 4.00 Ounc	е	
Amount Pe	r Serving		
Calories		87.35	
Fat		1.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.00mg	
Carbohydra	ates	18.46g	
Fiber		0.37g	
Sugar		16.84g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 15.61mg Iron 0.65mg

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

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Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20925

Ingredients

Description Measurement Prep Instructions DistPart #

4oz Orange Juice 4 Ounce 123456

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 4.00 Fluid Ounce

Colving Cizor floor land Carrot					
Amount Per Serving					
Calories		60.00			
Fat		0.00g	0.00g		
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydra	ites	15.00g			
Fiber		0.00g	0.00g		
Sugar		14.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

Deli Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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)
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Amount Per Serving	
Meat	2.55
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving					
Calories		270.82			
Fat		10.10g			
SaturatedFa	at	4.55g			
Trans Fat		0.00g			
Cholesterol		49.39mg			
Sodium		840.41mg	840.41mg		
Carbohydra	ates	33.10g			
Fiber		1.00g	1.00g		
Sugar		6.55g			
Protein		16.75g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	55.00mg	Iron	2.00mg		

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

Smoked Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	Cc	m	oon	ents	(SLE)

Amount Per Serving	
Meat	2.15
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving 288.75 Fat 10.93g SaturatedFat 4.14g Trans Fat 0.00g Cholesterol 50.33mg Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg				
Fat 10.93g SaturatedFat 4.14g Trans Fat 0.00g Cholesterol 50.33mg Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Amount Pe	r Serving		
SaturatedFat 4.14g Trans Fat 0.00g Cholesterol 50.33mg Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Calories		288.75	
Trans Fat 0.00g Cholesterol 50.33mg Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Fat		10.93g	
Cholesterol 50.33mg Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	SaturatedFa	at	4.14g	
Sodium 684.08mg Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Trans Fat		0.00g	
Carbohydrates 29.00g Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Cholesterol		50.33mg	
Fiber 1.00g Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Sodium		684.08mg	
Sugar 4.50g Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Carbohydra	ites	29.00g	
Protein 19.66g Vitamin A 0.00IU Vitamin C 0.00mg	Fiber		1.00g	
Vitamin A 0.00IU Vitamin C 0.00mg	Sugar		4.50g	
3	Protein		19.66g	
	Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium 55.00mg Iron 2.00mg	Calcium	55.00mg	Iron	2.00mg

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

Ham, Turkey & Bacon Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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			
Meat	2.80		
Grain	2.00		
Fruit	0.00		
GreenVeg 0.00			
RedVeg 0.13			
OtherVeg 0.00			
Legumes 0.00			

Starch 0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		356.61	
Fat		15.00g	
SaturatedFa	at	4.46g	
Trans Fat		0.01g	
Cholestero		38.33mg	
Sodium		1209.88mg	
Carbohydra	ates	36.00g	
Fiber		1.28g	
Sugar		7.38g	
Protein		23.27g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	159.22mg	Iron	2.69mg

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

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	Thawing Instructions Thaw under refrigeration 12-16 hours. Shelf Life Frozen = 365 days from date of production Basic Preparation 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	. ,
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving	
Calories	374.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	918.00mg
Carbohydrates	39.00g

Fiber		1.00g	
Sugar		14.00g	
Protein		26.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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

Berry Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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			
Meat	2.19		
Grain	2.00		
Fruit	0.47		
GreenVeg	1.00		
RedVeg	0.00		
OtherVeg	0.25		
Legumes	0.00		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each)
Amount Per Serving	
Calories	346.73
Fat	8.18g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	563.45mg
Carbohydrates	39.44g
Fiber	4.06g
Sugar	11.17g
Protein	28.42g

Vitamin A	26.78IU	Vitamin C	36.93mg
Calcium	171.54mg	Iron	2.80mg

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

Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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		
Meat	2.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

. 5.00 Lacii		
Serving		
	144.00	
	10.20g	
ıt	2.40g	
	0.00g	
	63.00mg	
	180.00mg	
tes	1.80g	
	0.00g	
	0.00g	
	9.60g	
0.00IU	Vitamin C	0.00mg
0.00mg	Iron	0.00mg
	tes 0.00IU	144.00 10.20g 14 2.40g 0.00g 63.00mg 180.00mg 180.00g 0.00g 0.00g 0.00g 0.00g 0.00g

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

Chicken Drumstick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	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. CONVECTION 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 minutesFor best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

Preparation:

Appliances vary, adjust accordingly.

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

Convection Oven

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

Hold in warmer until service.

1 drumstick per serving

Meal Components (SLE) Amount Per Serving		
Meat	2.00	
Grain	0.75	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each)
Amount Per Serving	
Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g

Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Double Chocolate Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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		
Meat	0.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Serving Size: 1.00 Each		
Amount Per Serving		
Calories	170.00	
Fat	8.00g	
SaturatedFat	4.50g	
Trans Fat	0.00g	
Cholesterol	10.00mg	
Sodium	140.00mg	
Carbohydrates	23.00g	
Fiber	1.00g	
Sugar	15.00g	
Protein	2.00g	
Vitamin A 0.00IU	Vitamin C 0.00mg	

Nutrition Facts
Servings Per Recipe: 1.00

Calcium

Iron

1.60mg

10.00mg

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

Ham & Turkey Sliders

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

2.00
2.00
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts		
Servings Per Recipe: 1.00		
Serving Size: 1.00 Each		
Amount Per Serving		
Calories	455.90	
Fat	20.87g	
SaturatedFat	7.33g	
Trans Fat	0.00g	
Cholesterol	67.50mg	
Sodium	1387.98mg	
Carbohydrates	41.37g	
Fiber	2.00g	
	9	

Sugar		5.33g	
Protein		28.76g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	169.50mg	Iron	2.00mg

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

Cosmic Cherry Cocoa Bars

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

OCI VIII G OIZO					
Amount Per	Serving				
Calories		120.00			
Fat		7.00g	7.00g		
SaturatedFa	at	2.00g			
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg	0.00mg		
Sodium		40.00mg	40.00mg		
Carbohydrates		33.00g	33.00g		
Fiber		0.00g			
Sugar		16.00g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

Gogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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 needled
 895090

Preparation Instructions

Keep refrigerated until service at >40*F

Amount Per Serving		
Meat	0.50	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		45.00	
Fat		0.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		30.00mg	
Carbohydra	ates	8.00g	
Fiber		0.00g	
Sugar		5.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

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

Hash brown Stars

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

Ingredients

Description Measurement Prep Instructions DistPart #

HASHBROWN STARZ .36Z 6-5 LAMB 2 1/4 Ounce 233101

Preparation Instructions

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

Meal Compone Amount Per Serving	nts (SLE)
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts Servings Per Recipe: 1.00

Servings Per Recipe: 1.00 Serving Size: 2.25 Ounce

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

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

Astral Applesauce Cups

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

Vitamin A

Calcium

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup **Amount Per Serving Calories** 50.00 Fat 0.02g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 0.00mg Carbohydrates 14.00g **Fiber** 1.00g Sugar 12.00g **Protein** 0.40g

Iron

Vitamin C

90.00mg

0.00mg

0.00IU

0.00mg

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

Cinnamon Roll

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

Ingredients

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

Preparation Instructions

No Prep Necessary

Meal	Compon	ents	(SLE)
------	--------	------	-------

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

40.00
40.00
.00g
.50g
.00g
.00mg
40.00mg
8.00g
.00g
2.00g
.00g
itamin C 0.00mg
on 1.70mg

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

Lucky Charms Cereal

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

Ingredients

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

Preparation Instructions

No Prep

Meal	Components	s (SLE)
------	------------	---------

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Amount Per	Serving		
Calories		210.00	
Fat		2.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		350.00mg	
Carbohydra	tes	46.00g	
Fiber		3.00g	
Sugar		20.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sausage Pancake Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25768
School:	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	
Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
	180.00			
	9.00g			
ıt	2.50g			
	0.00g			
	25.00mg			
	280.00mg			
tes	15.00g			
	3.00g			
	0.00g			
	6.00g			
0.00IU	Vitamin C	0.00mg		
0.00mg	Iron	0.00mg		
	tes 0.00IU	180.00 9.00g tt 2.50g 0.00g 25.00mg 280.00mg tes 15.00g 3.00g 0.00g 6.00g 0.00IU Vitamin C		

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

Cocoa Puffs Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		3	
Amount Per Serving			
Calories		210.00	
Fat		2.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		220.00mg	
Carbohydra	ites	47.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Cinnamon Toast Crunch Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

OCIVING OIZO	Serving Size: 1:00 Each			
Amount Per Serving				
Calories		230.00		
Fat		5.00g		
SaturatedFa	at	0.50g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		320.00mg		
Carbohydra	ites	44.00g		
Fiber		6.00g		
Sugar		11.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Granola Chocolate Chip Bites w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25773
School:	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		
Meat	1.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Colving Cize	7. 1100 Euch		
Amount Pe	r Serving		
Calories		240.00	
Fat		12.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		320.00mg	
Carbohydra	ates	24.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	0.90mg

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

Glazed Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25779
School:	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	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		230.00	
Fat		11.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		260.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

Blueberry Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25780
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240

Preparation Instructions

No Preparation Instructions available.

Meal	Components	(SLE)
Λ	D . O	

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COI TINING CIEC	Colving Cize: 1.001 deltage				
Amount Per Serving					
Calories		200.00			
Fat		6.00g			
SaturatedF	at	1.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		170.00mg			
Carbohydrates		36.00g			
Fiber		3.00g			
Sugar		10.00g			
Protein		4.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	40.00mg	Iron	1.10mg		

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

Rolled BK Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25781
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rolled Bk Taco	1 Cup	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.*	12121212

Preparation Instructions

Meal Components (SLF)

GFS Item# 825910

Mear Components (CLL)		
Amount Per Serving		
Meat	0.75	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition FactsServings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each			
Amount Per	Amount Per Serving			
Calories		140.00		
Fat		5.00g		
SaturatedFa	at	1.50g		
Trans Fat		0.00g		
Cholesterol	Cholesterol			
Sodium		260.00mg		
Carbohydra	ites	17.00g		
Fiber		1.00g		
Sugar		0.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Cinnamon Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25782
School:	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)
A 100 0 1 10 4	Don Comina	

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		210.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		300.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Chocolate Oatmeal Bar w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25783
School:	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		
Meat	1.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg 0.00		
Legumes 0.00		
Starch	0.00	

Nutrition Facts

Colving Cize	7. 1100 Euch		
Amount Pe	r Serving		
Calories		230.00	
Fat		11.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		310.00mg	
Carbohydra	ates	24.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	1.00mg

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

Egg & Cheese Stuffed Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25784
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 IW 72-2.2Z	1 Each	CONVECTION Cooking Instructions For best results, thaw before heating. Heating times may vary. Convection Oven Bake from thaw 1. Preheat convection oven to 350°F with fan on. 2. Place wrapped breadstick on baking sheet. 3. For a crispy crust open one end of wrapper before baking. 4. Thawed: Bake 10-12 minutes or until a minimum internal temperature of 165°F has been reached. 5. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Individually wrapped Breakfast Sticks have 7 day shelf life when refrigerated. Oven temperatures may vary. Adjust cooking times and or temperatures as necessary. THAW Cooking Instructions For best results, thaw before heating. Heating times may vary. Thawing Instructions 1. Remove product from case. 2. Place wrapped breadstick in a single layer on trays. 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.	856051

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)

Amoun	t Per	Servii	ηg
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Meat	1.00
Grain	1.00

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

Nutrition Facts

Amount Pe	r Serving		
Calories		160.00	
Fat		7.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		340.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	137.00mg	Iron	1.00mg

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

Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25821
School:	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)
Λ	D . O	

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	71 1100 Edon		
Amount Pe	r Serving		
Calories		540.00	
Fat		29.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		390.00mg	
Carbohydra	ates	53.00g	
Fiber		8.00g	
Sugar		19.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	4.00mg

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

Cucumber Slices

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25822
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories		3.90	
Fat		0.05g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.50mg	
Carbohydra	tes	1.00g	
Fiber		0.15g	
Sugar		0.50g	
Protein		0.15g	
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

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

Parmesan Packet

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Com	ponents ((SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	<u> </u>

Nutrition Facts

Serving		
	15.00	
	1.00g	
nt	1.00g	
	0.00g	
	5.00mg	
	55.00mg	
tes	0.00g	
	0.00g	
	0.00g	
	1.00g	
0.00IU	Vitamin C	0.00mg
40.00mg	Iron	0.00mg
	0.00IU	1.00g 1.00g 0.00g 5.00mg 55.00mg 55.00mg 0.00g 0.00g 0.00g 0.00g 0.00g 1.00g

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

Grape Escape

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25824
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories	Corving	37.30	
Calories			
Fat		0.00g	
SaturatedFa	nt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.20mg	
Carbohydrates		10.00g	
Fiber		0.40g	
Sugar		8.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.28mg	Iron	0.00mg

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

Sour Watermelon Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25825
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

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

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

Sour Orange Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25826
School:	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	Comp	onents	(SLE)
------	------	--------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		0.00	
Fat		0.00g	
SaturatedFa	nt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Tostitos

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25827
School:	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.

Me	al Co	om	por	ents	(SLE)
		_			

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving			
Calories		200.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		160.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

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

Slushie Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal	Co	m	ponents	(SLE)
	_	_		

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	e. 1.00 Each		
Amount Pe	er Serving		
Calories		90.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		35.00mg	
Carbohydr	ates	22.00g	
Fiber		0.00g	
Sugar		19.00g	
Protein		0.00g	
Vitamin A	1000.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Pickle spear

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25829
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

r Serving		
	4.00	
	0.00g	
at	0.00g	
	0.00g	
	0.00mg	
	260.00mg	
ites	1.00g	
	0.00g	
	0.00g	
	0.00g	
0.00IU	Vitamin C	0.00mg
11.00mg	Iron	0.17mg
	at es	4.00 0.00g 0.00g 0.00g 0.00mg 260.00mg 1.00g 0.00g 0.00g 0.00g 0.00g 0.00g 0.00g

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

Garlic Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25830
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice	BAKE 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. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910

Preparation Instructions

Meal Components (SLF)

No Preparation Instructions available.

medi components (occ)				
Amount Per Serving				
Meat	0.00			
Grain	1.75			

Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

160.00	
9.00g	
0.50g	
0.00g	
0.00mg	
280.00mg	
17.00g	
0.00g	
1.00g	
3.00g	
Vitamin C	0.00mg
Iron	1.00mg
	9.00g 0.50g 0.00g 0.00mg 280.00mg 17.00g 0.00g 1.00g 3.00g Vitamin C

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

Wow Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25835
School:	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	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

00111119 011110	Colving Cizor 1100 Zaon			
Amount Pe	r Serving			
Calories		200.00		
Fat		15.00g		
SaturatedFa	at	3.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		100.00mg		
Carbohydra	ites	8.00g		
Fiber		2.00g		
Sugar		4.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	1.00mg	

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

Smoked Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25837
School:	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	READY_TO_EAT 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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each **Amount Per Serving Calories** 444.75 Fat 20.13g SaturatedFat 5.44g **Trans Fat** 0.00g Cholesterol 50.33mg **Sodium** 864.08mg **Carbohydrates** 45.00g **Fiber** 2.20g Sugar 4.50g **Protein** 21.66g Vitamin C Vitamin A 20.00IU 1.72mg

Calcium 67.00mg Iron 2.14mg

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

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25838
School:	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	Co	m	ponent	s (SLE)

Amount Per Serving	
Meat	2.55
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		270.82	
Fat		10.10g	
SaturatedFa	at	4.55g	
Trans Fat		0.00g	
Cholestero		49.39mg	
Sodium		840.41mg	
Carbohydrates		33.10g	
Fiber		1.00g	
Sugar		6.55g	
Protein		16.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.00mg

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

Fruit Snacks

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25901
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK FRT .9Z 6-40CT WELCHS	1 Each		244711

Preparation Instructions

No Preparation Instructions available.

Meal (Componen	its (SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving	80.00	
	80 00	
	00.00	
	0.00g	
	0.00g	
	0.00g	
	0.00mg	
	20.00mg	
es	19.00g	
	0.00g	
	11.00g	
	1.00g	
0.00IU	Vitamin C	0.00mg
0.00mg	Iron	0.00mg
	es 0.00IU	0.00g 0.00g 0.00mg 20.00mg 20.00mg 0.00g 11.00g 1.00g 0.00IU Vitamin C

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

Moon Pie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25902
School:	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 healthcarenursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	583482

Preparation Instructions

No Preparation Instructions available.

Meal	Con	nponent	s (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		180.00	
Fat		7.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		105.00mg	
Carbohydra	ites	28.00g	
Fiber		0.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25907
School:	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	0.50	
Meat	2.50	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts Servings Per Recipe: 1 Serving Size: 1.00 Serving	.00
Amount Per Serving	
Calories	344.64
Fat	16.73g
SaturatedFat	4.24g
Trans Fat	1.62g
Cholesterol	42.16mg
Sodium	528.87mg
Carbohydrates	31.83g
Fiber	3.50g

Sugar		1.00g	
Protein		14.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.33mg	Iron	0.60mg

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

Bacon Bagel Breakfast Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25936
School:	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	BAKE 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)
	D 0 '

Amount Per Serving	
Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size. 1.00 Lacit			
Amount Per Serving			
Calories	485.00		
Fat	27.50g		
SaturatedFat	8.00g		
Trans Fat	0.25g		
Cholesterol	197.50mg		
Sodium	975.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	26.50g		

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Sweet & Sour Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25943
School:	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	
Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	. Hoo Garie	_	
Amount Per	Serving		
Calories		205.13	
Fat		4.10g	
SaturatedFa	at	1.03g	
Trans Fat		0.00g	
Cholesterol		46.15mg	
Sodium		358.97mg	
Carbohydra	ites	27.69g	
Fiber		2.05g	
Sugar		14.36g	
Protein		13.33g	
Vitamin A	0.00IU	Vitamin C	2.46mg
Calcium	0.00mg	Iron	1.29mg

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

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	Com	ponents	(SLE)
------	-----	---------	-------

Amount Per Serving	
Meat	1.67
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		285.00	
Fat		10.67g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		63.33mg	
Sodium		608.33mg	
Carbohydra	ites	33.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		15.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	2.00mg

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

Wango Mango Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26908

Ingredients

Description Prep Instructions DistPart # Measurement

JUICE WANGO MANGO ECO 70-**4FLZ JUICE4U**

1 Each

READY_TO_EAT

Thaw when ready to use keeping used portion

510562

in refrigeration upto 14 days

Preparation Instructions

Meal Components (SLF)

No Preparation Instructions available.

wiedi Componenta (SLL)		
Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.50	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		50.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		30.00mg	
Carbohydra	ates	13.00g	
Fiber		0.00g	
Sugar		12.00g	
Protein		0.00g	
Vitamin A	500.00IU	Vitamin C	30.00mg
Calcium	0.00mg	Iron	0.00mg

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

Power Punch Vegetable Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.50		
OtherVeg 0.00			
Legumes	0.00		
Starch	0.00		

Nutrition Facts

Gerving Gize	. 1100 <u>L</u> aon		
Amount Per	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.00mg	
Carbohydra	ites	14.00g	
Fiber		0.00g	
Sugar		13.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Red Pepper Hummus

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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			
Meat	2.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg 0.00			
Legumes	0.50		
Starch	0.00		

Nutrition Facts

Amount Per	r Serving		
Calories		220.00	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		200.00mg	
Carbohydra	ites	36.00g	
Fiber		10.00g	
Sugar		8.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Turkey Roast

Servings:	1.00	Category:	Entree
Serving Size:	2.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27518
School:	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.

Meat 2.50 Grain 0.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.00	Meal Components (SLE) Amount Per Serving	
Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Meat	2.50
GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Grain	0.00
RedVeg 0.00 OtherVeg 0.00 Legumes 0.00	Fruit	0.00
OtherVeg 0.00 Legumes 0.00	GreenVeg	0.00
Legumes 0.00	RedVeg	0.00
	OtherVeg 0.00	
Starch 0.00	Legumes 0.00	
	Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 2.50 Ounce			
Amount Per	r Serving		
Calories		93.75	
Fat		4.93g	
SaturatedFa	at	1.64g	
Trans Fat		0.00g	
Cholesterol		37.83mg	
Sodium		319.08mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		13.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting of TransFat is for information only, and is not			

^{*}All reporting of TransFat is for information only, and is no used for evaluation purposes

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27619
School:	SOUTHSIDE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Piece	Wash Throughly	597481

Preparation Instructions

No Preparation Instructions available.

Meal	Com	ponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydra	ites	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Sausage Egg & Cheese Croissant

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE) Amount Per Serving	
Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.0 Serving Size: 1.00 Serving	
Amount Per Serving	
Calories	466.00
Fat	28.50g
SaturatedFat	10.70g
Trans Fat	0.00g
Cholesterol	168.50mg
Sodium	667.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.50g

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

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28398
School:	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	
Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	Serving Size: 6.00 Ounce			
Amount Pe	r Serving			
Calories		376.50		
Fat		19.33g		
SaturatedFa	at	8.70g		
Trans Fat		0.00g		
Cholestero		81.67mg		
Sodium		945.17mg		
Carbohydra	ates	30.50g		
Fiber		2.00g		
Sugar		3.00g		
Protein		22.83g		
Vitamin A	616.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	1.00mg	

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

Fun Fish Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29155

Ingredients

Description Measurement Prep Instructions DistPart #

BAKE

FISH BRD SHAPES 1Z O/R WGRAIN 10

5 Each

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.

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 5.00 Each

Amount Pe	r Serving		
Calories		275.00	
Fat		12.50g	
SaturatedFa	at	1.88g	
Trans Fat		0.00g	
Cholestero		31.25mg	
Sodium		912.50mg	
Carbohydra	ites	26.25g	
Fiber		2.50g	
Sugar		1.25g	
Protein		16.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.25mg

523291

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

Chipotle Lime Crusted Tilapia

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TILAPIA FLLT TORTL CRSTD 5-6 10 FPI	1 Each	BAKE 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	
Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 1.00 Each				
Amount Pe	Amount Per Serving			
Calories		280.00		
Fat		12.00g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholesterol		65.00mg		
Sodium		760.00mg		
Carbohydra	ates	16.00g		
Fiber		0.00g		
Sugar		1.00g		
Protein		28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	1.50mg	

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

Mozzarella String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29719
School:	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)
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Amount Per Serving	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving Calories 90.00 Fat 7.00g	
Fat 7.00g	
·	
SaturatedFat 5.00g	
Trans Fat 0.00g	
Cholesterol 20.00mg	
Sodium 200.00mg	
Carbohydrates 0.00g	
Fiber 0.00g	
Sugar 0.00g	
Protein 7.00g	
Vitamin A 0.00IU Vitamin C	0.00mg
Calcium 0.00mg Iron	0.00mg

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

Syrup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Do	Condina		
Amount Per	Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		15.00mg	
Carbohydra	tes	21.00g	
Fiber		0.00g	
Sugar		21.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Hot Cakes

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

Ingredients

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

Preparation Instructions

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

Store in warmer at 140* until service

Meal Components (SLE) Amount Per Serving		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutritior Servings Per Serving Size	Recipe: 1.0	0	
Amount Per	Serving		
Calories		160.00	
Fat		3.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		220.00mg	
Carbohydra	ites	30.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.40mg
*All reporting o	f TransFat is fo	r information on	lly, and is not

used for evaluation purposes

Strawberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29722
School:	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	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Oct virig Oize			
Amount Pe	r Serving		
Calories		180.00	
Fat		2.50g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		190.00mg	
Carbohydra	ates	38.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

Fudge Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29723
School:	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	
Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COLUMN CIEC	7. 1.00 Lacii		
Amount Pe	r Serving		
Calories		190.00	
Fat		3.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	38.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		3.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Cinnamon Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29724
School:	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)
A mount	Dor Convina	

Amount Per Serving	
Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COLUMN CIEC			
Amount Pe	r Serving		
Calories		190.00	
Fat		3.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	38.00g	
Fiber		3.00g	
Sugar		16.00g	
Protein		2.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Cheeseburger

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

Ingredients

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

Preparation Instructions

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

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

Meal	Compon	ents (SLE	Ξ)
	D 0 .		

Amount Per Serving		
Meat	2.50	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

	. 1.00 Servii	·9	
Amount Per	Serving		
Calories		367.00	
at		18.00g	
SaturatedFa	ıt	7.50g	
rans Fat		1.00g	
Cholesterol		66.50mg	
Sodium		368.00mg	
Carbohydra	tes	26.00g	
iber		3.00g	
Sugar		4.50g	
Protein		23.50g	
/itamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Green Leaf Lettuce

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

Ingredients

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

Preparation Instructions

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

I large leaf lettuce slice per serving

Meal	Co	m	ponents	(SLE)
	 _	_		

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

7.87
0.00g
0.00g
0.00g
0.00mg
15.75mg
1.57g
0.00g
0.00g
0.00g 0.00g

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

Tomato Slice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4 5 RSS	1/4 Cup	Ready to Eat	786535

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

America Den Comito d			
Amount Per Serving			
Calories		8.10	
Fat		0.10g	
SaturatedFa	at	0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.25mg	
Carbohydrates		1.75g	
Fiber		0.55g	
Sugar		1.25g	
Protein		0.40g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	4.50mg	Iron	0.12mg

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

Watermelon (KY Proud)

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

Ingredients

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

Preparation Instructions

Wash watermelon.

Legumes

Starch

Cut into large slices or dice into cubes.

Meal Components (SLE) Amount Per Serving		
Meat 0.00		
Grain	0.00	
Fruit	0.50	
GreenVeg 0.00		
RedVeg 0.00		
OtherVeg 0.00		

0.00

0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		22.80	
Fat		0.10g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.75mg	
Carbohydrates		5.50g	
Fiber		0.30g	
Sugar		4.50g	
Protein		0.45g	
Vitamin A	432.44IU	Vitamin C	6.16mg
Calcium	5.32mg	Iron	0.18mg

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

Mandarin Orange Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE	:)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COITING CIEC			
Amount Pe	r Serving		
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.00mg	
Carbohydra	ates	22.00g	
Fiber		1.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Pepperoni & Cheese Pizza Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29730
School:	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)
	· D O ·	

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size. 1.00 Each				
Amount Pe	r Serving			
Calories	Calories			
Fat		15.00g		
SaturatedF	at	7.00g		
Trans Fat		0.00g		
Cholesterol		40.00mg		
Sodium		880.00mg		
Carbohydrates		35.00g		
Fiber		4.00g		
Sugar		7.00g		
Protein		15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	450.00mg	Iron	1.80mg	

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

Turkey, Ham & Cheese Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29731
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
· · · · · · · · · · · · · · · · · · ·	<u> </u>

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each Amount Per Serving

Oct virig Cize	5. 1.00 Lacii		
Amount Pe	r Serving		
Calories		360.00	
Fat		17.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	45.00mg	
Sodium		720.00mg	
Carbohydra	ates	33.00g	
Fiber		1.00g	
Sugar		8.00g	
Protein		18.00g	
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	200.00mg	Iron	1.80mg

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

Breadstick Bites

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

Ingredients

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

Preparation Instructions

Basic Preparation

350 degrees for 6-8 minutes for convection and

375-400 degrees F for 7-10 minutes in conventional.

Cook until golden brown and cheese is melted.

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

Meal Components (SLE)

Amount Per Serving		
Meat	1.50	
Grain	1.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

OCI VIII G OIZC	7. 1.00 Each		
Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		405.00mg	
Carbohydra	ates	21.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		12.00g	
Vitamin A	6.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	6.00mg

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

Ranch Packet

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

Ingredients

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

Preparation Instructions

Ready to Use

Meal	Compon	ents	(SLE)
------	--------	------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving		
	60.00	
	2.00g	
t	0.00g	
	0.00g	
	0.00mg	
	220.00mg	
tes	9.00g	
	1.00g	
	3.00g	
	1.00g	
0.00IU	Vitamin C	0.00mg
30.00mg	Iron	0.00mg
	0.00IU	2.00g t 0.00g 0.00g 0.00mg 220.00mg 220.00mg tes 9.00g 1.00g 3.00g 1.00g 0.00IU Vitamin C

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

Italian Packet

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

Ingredients

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

Preparation Instructions

Ready to Use

Meal	Compon	ents	(SLE)
------	--------	------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		15.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		720.00mg	
Carbohydra	tes	2.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Hawaiian Ham & Cheese Sammies

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

Ingredients

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

Preparation Instructions

Divide 3 ounces of ham between the 2 buns.

Top with cheese slice and top bun.

Place in to-go container #656652

Refrigerate until service at >40*F

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		202.50	
Fat		14.00g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero	l	70.00mg	
Sodium		1030.00mg	
Carbohydra	ates	7.00g	
Fiber		0.00g	
Sugar		3.50g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	163.00mg	Iron	0.00mg

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

Cream Cheese Stuffed Bagel

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29736
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	READY_TO_EAT 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. 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 THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

Preparation Instructions

No Prep Necessary

Meal	Co	m	p	onents	(SLE)	
	_	_				

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		230.00		
Fat		6.00g		
SaturatedFa	at	2.00g		
Trans Fat		0.00g		
Cholestero		10.00mg		
Sodium		190.00mg		
Carbohydra	ates	42.00g		
Fiber		2.00g		
Sugar		13.00g		
Protein		6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	1.60mg	

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

Citrus Salad

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

Ingredients

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

Preparation Instructions

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

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	_

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydra	ates	16.00g	
Fiber		4.00g	
Sugar		13.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.00mg

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

Penne Pasta Alfredo w/ chicken

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	
Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	e: 1.00 Cup		
Amount Pe	r Serving		
Calories		507.54	_
Fat		19.53g	
SaturatedF	at	5.92g	
Trans Fat		0.00g	
Cholestero		81.81mg	
Sodium		898.78mg	
Carbohydra	ates	56.20g	
Fiber		2.00g	
Sugar		6.92g	
Protein		27.17g	
Vitamin A	362.30IU	Vitamin C	0.00mg
Calcium	323.11mg	Iron	2.10mg

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

Pepperoni Personal Pizza

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

Ingredients

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

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 300 DAYS

Basic Preparation

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

Meal	Components	(SLE)
Amount	Per Serving	

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition F	-acts
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Servings Per Recipe: 1.00

Serving Size: 1.00	
Amount Per Serving	
Calories	290.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	26.00g
Fiber	3.00g

Sugar		5.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	2.00mg

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

Cheese Personal Pizza

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

Ingredients

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

Preparation Instructions

Basic Preparation

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

Mutrition Facts

Meal Components (SLE) Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.13	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Servings Pe Serving Size	r Recipe: 1.00)	
Amount Pe			
Calories		280.00	
Fat		12.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	l	30.00mg	
Sodium		410.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		8.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	1.80mg
*All reporting	of TransFat is for	r information onl	y, and is not

used for evaluation purposes

Jelly

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 2005Z GCHC	1 Each		503233

Preparation Instructions

No Prep

Meal	Components	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

00.19 00			
Amount Per	r Serving		
Calories		35.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	9.00g	
Fiber		0.00g	
Sugar		6.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.00mg

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

Greek Pasta Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29779
School:	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	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

r Serving		
	178.10	
	10.60g	
at	4.40g	
	0.00g	
	16.25mg	
	372.25mg	
ates	10.75g	
	2.05g	
	4.25g	
	9.65g	
374.85IU	Vitamin C	6.17mg
235.50mg	Iron	0.86mg
	at	178.10 10.60g at 4.40g 0.00g 1 16.25mg 372.25mg 10.75g 2.05g 4.25g 9.65g 374.85IU Vitamin C

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

Queso Blanco

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29785
School:	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

Amount Per Serving	
Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

0011119			
Amount Pe	r Serving		
Calories		118.00	
Fat		9.00g	
SaturatedF	at	5.30g	
Trans Fat		0.00g	
Cholestero	l	30.00mg	
Sodium		433.00mg	
Carbohydra	ates	2.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

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

Mixmi Ultimate Chocolate Yogurt

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29792
School:	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	
Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		80.00		
Fat		1.00g		
SaturatedFa	at	0.50g		
Trans Fat		0.00g		
Cholesterol		5.00mg		
Sodium		25.00mg		
Carbohydrates		14.00g		
Fiber		2.00g		
Sugar		7.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.36mg	

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

Mixmi Cupcake Vanilla Yogurt

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29793
School:	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.

Starch

Meal Components (SLE) Amount Per Serving		
Meat	0.50	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	

0.00

Nutrition Facts

Amount Per Serving				
Calories		80.00		
Fat		1.00g		
SaturatedFa	at	0.50g		
Trans Fat		0.00g		
Cholesterol		5.00mg		
Sodium		25.00mg		
Carbohydrates		14.00g		
Fiber		2.00g		
Sugar		7.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.36mg	

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

Tater Puffs

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29794
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

o or range on the	. 1100 Euch		
Amount Pe	r Serving		
Calories		180.00	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		230.00mg	
Carbohydra	ates	34.00g	
Fiber		3.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.40mg

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

Cinnamon Sugar Churro

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29804
School:	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	,
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		•	
Amount Per Serving			
Calories		280.00	
Fat		16.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		380.00mg	
Carbohydra	ites	31.00g	
Fiber		1.00g	
Sugar		13.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.50mg

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

Maple Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29809
School:	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		
Meat	0.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		200.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		220.00mg	
Carbohydra	ates	35.00g	
Fiber		4.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Confetti Cookie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29910
School:	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	Cor	mpor	nents	(SLE)

Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per Serving				
Calories		200.00		
Fat		7.00g		
SaturatedFa	at	2.00g		
Trans Fat		0.00g		
Cholesterol		5.00mg		
Sodium		170.00mg		
Carbohydra	tes	30.00g		
Fiber		2.00g		
Sugar		15.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.36mg	

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

Cheese Retro Rectangle Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29911
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal tempature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	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 tempature 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			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.13		
OtherVeg 0.00			
Legumes	0.00		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g

Sugar		8.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	263.00mg	Iron	2.30mg

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

Stoplight Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29912
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Pe	er Serving		
Calories		80.89	
Fat		0.09g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		1.25mg	
Carbohydr	ates	10.15g	
Fiber		2.37g	
Sugar		3.83g	
Protein		1.61g	
Vitamin A	1781.63IU	Vitamin C	103.59mg
Calcium	16.91mg	Iron	0.48mg

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

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29913
School:	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		
Meat	1.50	
Grain	3.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		9	
Amount Pe	r Serving		
Calories		310.00	
Fat		8.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		760.00mg	
Carbohydra	ates	41.00g	
Fiber		5.00g	
Sugar		5.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.30mg

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

Tartar Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29914
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		45.00	
Fat		3.50g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		100.00mg	
Carbohydra	tes	3.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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

Cantaloupe

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29915
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		-9	
Amount Pe	r Serving		
Calories		48.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		24.00mg	
Carbohydra	ates	12.80g	
Fiber		0.80g	
Sugar		12.00g	
Protein		0.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.20mg	Iron	0.00mg

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

Oreo Cookies

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29916
School:	HUNTERTOWN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE OREO PC PKG 120-2CT	1 Package		843237

Preparation Instructions

Ready to Eat

Meal	Compon	ents	(SLE)
------	--------	------	-------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
•	<u> </u>

Nutrition Facts

co. mig cize	= = = = =		
Amount Per	r Serving		
Calories		100.00	
Fat		4.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		85.00mg	
Carbohydra	ites	16.00g	
Fiber		0.00g	
Sugar		9.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29917
School:	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	

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Jerving Oize	5. 1.00 Lacii		
Amount Pe	r Serving		
Calories		280.30	
Fat		9.90g	
SaturatedF	at	5.60g	
Trans Fat		0.00g	
Cholestero	I	32.00mg	
Sodium		580.80mg	
Carbohydra	ates	31.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		18.50g	
Vitamin A	523.96IU	Vitamin C	0.00mg
Calcium	465.89mg	Iron	1.64mg

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

Caesar Pasta Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29918
School:	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	Com	ponents	(SLE)
IVICAI	CUIII	ponienta	(ULL)

0.50
0.00
0.00
0.50
0.25
0.00
0.00
0.00

Nutrition Facts

COLUMN CIE	71 1100 Euch		
Amount Pe	r Serving		
Calories		184.90	
Fat		11.55g	
SaturatedF	at	3.18g	
Trans Fat		0.00g	
Cholestero	I	16.13mg	
Sodium		352.52mg	
Carbohydra	ates	13.27g	
Fiber		1.88g	
Sugar		3.77g	
Protein		7.04g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	143.77mg	Iron	0.92mg

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

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29919
School:	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	,
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

COLUMN CIE	201 VIII 9 0120: 1:00 Each				
Amount Pe	r Serving				
Calories		135.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		720.00mg			
Carbohydra	ates	30.00g			
Fiber		1.50g			
Sugar		18.00g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	30.00mg	Iron	1.08mg		

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

Fiesta Taco Black Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29920
School:	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	Co	m	ponents	(SLE)
	_	_		

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

COIVING CIZE	7. 1.00 Each		
Amount Pe	r Serving		
Calories		180.00	
Fat		0.75g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		690.00mg	
Carbohydra	ates	33.00g	
Fiber		7.50g	
Sugar		1.50g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	3.00mg

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

Pizza Crunchers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29937
School:	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	
Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
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Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	420.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 427.00mg Iron 2.21mg

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

Cherry Strudel

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

Ingredients

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

Preparation Instructions

BAKE

Heat & Serve.

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

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

Warming Cabinet: 150*F for 1hour 30 minutes

Meal Components (SLE)

Amount Per Serving	
Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size	. 1.00 Lacii		
Amount Per	Serving		
Calories		210.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium 260.00mg			
Carbohydra	ites	37.00g	
Fiber		2.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Mini Potato Pancakes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29940
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

0011119 01110			
Amount Pe	r Serving		
Calories		150.00	
Fat		9.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		330.00mg	
Carbohydra	ites	14.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.36mg

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Super Hero Kale Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29942
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.03
Legumes	0.00
Starch	0.00

Nutrition Facts

COLUMN CIEC			
Amount Pe	r Serving		
Calories		162.07	
Fat		5.67g	
SaturatedF	at	0.83g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		235.06mg	
Carbohydra	ates	23.75g	
Fiber		6.87g	
Sugar		6.47g	
Protein		5.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	119.66mg	Iron	2.60mg

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

Pomegranate Blueberry Blend Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29951

Ingredients

Description Measurement Prep Instructions DistPart #

JUICE V8 FUSION POMGRNTE BLUB 248FLZ 1 Each 891670

Preparation Instructions

Serve Chilled

Meal	Components	(SLE)
Amoun	nt Per Serving	

Amount of ociving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving				
Calories		100.00			
Fat		0.00g	0.00g		
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		70.00mg	70.00mg		
Carbohydrates		25.00g			
Fiber		0.00g	0.00g		
Sugar		22.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	30.00mg	Iron	0.50mg		

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

Strawberry Banana Blend Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29952

Ingredients

Description Prep Instructions DistPart # Measurement **JUICE V8 FUSION STRAWB BAN 24-8FLZ** 891650 1 Each

Preparation Instructions

Meal Components (SLE)

Serve Chilled

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	

RedVeg 0.00 **OtherVeg** 1.00 Legumes 0.00 Starch 0.00

Nutrition Facts

	Colving Cizer free Zacif				
Amount Per	r Serving				
Calories		100.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg			
Sodium		80.00mg			
Carbohydrates		25.00g	25.00g		
Fiber		0.00g			
Sugar		22.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.30mg		

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

Chicken Enchilada

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29964
School:	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		
2.00		
2.00		
0.00		
0.00		
0.00		
OtherVeg 0.00		
0.00		
0.00		

Servings Per Recipe: 1.00 Serving Size: 2.00 Each				
Amount Pe	r Serving			
Calories		280.00		
Fat		8.00g		
SaturatedF	at	3.00g		
Trans Fat		0.00g		
Cholestero	I	40.00mg		
Sodium		420.00mg		
Carbohydra	ates	36.00g		
Fiber		8.00g		
Sugar		2.00g		
Protein		16.00g		
Vitamin A	2000.00IU	Vitamin C	7.20mg	
Calcium	160.00mg	Iron	5.40mg	
*All reporting of	of TransFat is for	information onl	y, and is not	

Nutrition Facts

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

Annie's Bunny Graham's

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29965
School:	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	

Amount of Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
·	

Nutrition Facts

July 1111 g July 1	7. 1.00 Edon		
Amount Pe	r Serving		
Calories		160.00	
Fat		6.00g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		105.00mg	
Carbohydra	ates	24.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	0.36mg

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

Mayflower Munch Mix

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29968
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 1:00 Each				
Amount Per Serving				
Calories		110.00		
Fat		0.00g	0.00g	
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	ites	21.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Classic Chili

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29972
School:	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)
Amoun	nt Per Serving	

Amount Per Serving		
Meat	2.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.25	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

OCI VIIIg OIZO	. 1.00 Luon		
Amount Per	r Serving		
Calories		168.28	
Fat		12.31g	
SaturatedFa	at	4.10g	
Trans Fat		2.05g	
Cholesterol		53.36mg	
Sodium		51.31mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		14.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Turkey Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30009
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	
	_	

Nutrition Facts

Amount Per	r Serving		
Calories		45.00	
Fat		2.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		360.00mg	
Carbohydra	ites	5.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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

Rainbow Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30014
School:	Woodford Elementary Schools		

Ingredients

Legumes

Starch

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

0.00

0.00

Nutrition Facts

Amount Per Serving	
Calories	46.22
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	78.22mg
Carbohydrates	10.67g
Fiber	3.56g
Sugar	5.33g
Protein	0.89g
Vitamin A 19022.22IU	Vitamin C 114.13mg
Calcium 35.56mg	Iron 0.32mg

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

Chicken Crispitos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30015
School:	Woodford Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen. DEEP_FRY PREPARATION: Appliances vary, adjust accordingly. Deep Fry 4 - 4 1 2 minutes at 350°F from frozen. 2 1 2 minutes at 350°F from thawed. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave	539635
		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.	

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	
Meat	1.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		360.00	
Fat		13.00g	
SaturatedFa	at	4.50g	
Trans Fat		0.50g	
Cholestero		30.00mg	
Sodium		560.00mg	
Carbohydra	ates	44.00g	
Fiber		2.00g	
Sugar		7.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	1.50mg

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

Tropical Fruit Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30016
School:	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	Component	s (SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

	2017/11g 2120: 1:00 Euch			
Amount Per	Serving			
Calories		60.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		5.00mg		
Carbohydra	ites	15.00g		
Fiber		1.00g		
Sugar		14.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Granny Smith Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30019
School:	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		
Meat	0.00	
Grain	0.00	
Fruit	1.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	
	<u> </u>	

Nutrition Facts

Amount Per	r Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydra	ites	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Cheesy Italian Pull- Apart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30021
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

00
Og
9
9
Omg
00mg
Og
9
9
Og
nin C 0.00mg
1.80mg

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

Cornbread Stuffing

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30022
School:	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 Co	mponents	(SLE)
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Amount Per Serving	
Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		160.00	
Fat		8.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		530.00mg	
Carbohydra	ates	18.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.08mg

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

Gingerbread Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30023
School:	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, healthcarenursing 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	

Amount of Serving			
Meat	0.00		
Grain	0.50		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.00		
OtherVeg	0.00		
Legumes	0.00		
Starch	0.00		

Nutrition Facts

eer ring eize	. 1.00 Lacii		
Amount Per	r Serving		
Calories		90.00	
Fat		3.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		55.00mg	
Carbohydra	ites	14.00g	
Fiber		1.00g	
Sugar		7.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

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

Grilled Chicken Salad w/ muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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)
Δmoun.	t Per Serving	

Amount Per Serving		
Meat	3.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	2.00	
RedVeg	0.25	
OtherVeg	0.25	
Legumes	0.00	
Starch	0.00	

Nı	utriti	on	Fa	cts
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Octviring Oize. 1.00 Each	
Amount Per Serving	
Calories	490.64
Fat	14.62g
SaturatedFat	5.32g
Trans Fat	0.00g
Cholesterol	92.80mg
Sodium	563.60mg
Carbohydrates	43.27g
Fiber	13.19g
Sugar	26.85g

Protein		40.00g	
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	288.61mg	Iron	4.72mg

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

Spicy Chicken Salad w/ croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30069
School:	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 TNDR HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CROUTON CHS GARL WGRAIN 2505Z	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

Meat	3.00

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

Nutrition Facts

Amount Pe	r Serving		
Calories		583.64	
Fat		24.72g	
SaturatedFa	at	6.72g	
Trans Fat		0.04g	
Cholestero		42.80mg	
Sodium		929.00mg	
Carbohydra	ates	51.27g	
Fiber		15.99g	
Sugar		15.85g	
Protein		36.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	331.95mg	Iron	6.47mg

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

Medium Salsa Cup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	Con	nponent	s (SLE)

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

our mig oile			
Amount Pe	r Serving		
Calories		35.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		810.00mg	
Carbohydra	ites	7.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Jalapeno Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30074
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 65GAL GRSZ	2 Ounce		499943

Preparation Instructions

Portion into 4oz souffle cup

Meal Components (SLE)
--------------------------	------

Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

		-	
Amount Per	r Serving		
Calories		10.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		560.00mg	
Carbohydra	ites	2.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Honey Sriracha Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30076
School:	Woodford County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	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.	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		
Meat	2.00	
Grain	1.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Fact Servings Per Recipe Serving Size: 6.00 Ea	: 1.00	
Amount Per Serving		
Calories	285.00	
Fat	13.50g	
SaturatedFat	2.25g	
Trans Fat	0.00g	
Cholesterol	52.50mg	
Sodium	375.00mg	
Carbohydrates	21.00g	
Fiber	1.50g	
Sugar	3.00g	
Protein	22.50g	

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.50mg

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

Stir Fry Veggies

Servings:	11.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30077
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00
·	<u> </u>

Nutrition Facts

Serving Size	. 1.00 Cup		
Amount Per	Serving		
Calories		41.82	
Fat		0.55g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.61mg	
Carbohydra	ites	7.64g	
Fiber		1.94g	
Sugar		3.03g	
Protein		1.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Fortune Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30078
School:	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)
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Amount Per Serving	
Meat	0.00
Grain	0.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
	-

Nutrition Facts

COLUMN CIEC			
Amount Per	Serving		
Calories		11.67	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	2.67g	
Fiber		0.00g	
Sugar		1.67g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Soy Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30079
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	Serving		
Calories		0.50	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		297.40mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.10g	
Vitamin A	1.42IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.07mg

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

Hawaiian Parfait

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	2 Ounce	READY_TO_EAT Ready to Eat	216300
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT	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

Starch

Meal Components (SLE) Amount Per Serving	
Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg 0.00	
OtherVeg 0.00	
Legumes 0.00	

0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	307.50
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	147.50mg
Carbohydrates	56.50g
Fiber	3.00g
Sugar	39.50g

Protein		8.50g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	195.00mg	Iron	0.90mg

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

Steak Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30086
School:	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	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 Co	mponents	(SLE)
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Amount Per Serving	
Meat	1.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

r Serving		
	400.00	
	23.00g	
at	10.00g	
	0.50g	
	25.00mg	
	810.00mg	
ates	36.00g	
	2.00g	
	2.00g	
	12.00g	
0.00IU	Vitamin C	0.00mg
140.00mg	Iron	3.04mg
	at I ates	400.00 23.00g at 10.00g 0.50g 1 25.00mg 810.00mg 36.00g 2.00g 2.00g 12.00g 0.00IU Vitamin C

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

Sausage Egg & Cheese Tornado

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30088
School:	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	
Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
•	<u> </u>

Nutrition Facts

	. 1100 = 4011				
Amount Per Serving					
Calories		180.00			
Fat		7.00g	7.00g		
SaturatedFa	at	1.50g			
Trans Fat 0.00g		0.00g			
Cholesterol		30.00mg			
Sodium		280.00mg	280.00mg		
Carbohydra	ites	22.00g			
Fiber		0.00g			
Sugar		1.00g			
Protein		7.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

Chili Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30094
School:	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		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Amount Pe	r Serving		
Calories		290.00	
Fat		10.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	l	10.00mg	
Sodium		540.00mg	
Carbohydra	ates	37.00g	
Fiber		5.00g	
Sugar		1.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	270.00mg	Iron	3.10mg

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

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30095
School:	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)
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Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.50	

Nutrition Facts

Oct virig Oizo	. 0100 <u>=</u> 4011		
Amount Per	Serving		
Calories		142.80	
Fat		7.56g	
SaturatedFa	at	1.26g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		193.20mg	
Carbohydra	ites	15.96g	
Fiber		0.84g	
Sugar		0.00g	
Protein		1.68g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.42mg

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

Baked Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30097
School:	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 Co	omponents	(SLE)
---------	-----------	-------

Amount Per Serving		
Meat	1.75	
Grain	1.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	1.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00)		
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	416.19		
Fat	16.48g		
SaturatedFat	6.74g		
Trans Fat	0.75g		
Cholesterol	39.40mg		
Sodium	749.91mg		
Carbohydrates	46.25a		

Fiber		4.50g	
Sugar		11.50g	
Protein		20.22g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.50mg	Iron	2.66mg

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

Griddle Sausage Sandwich

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

Ingredients

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

Meal Components (SLF)

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

Store in warmer at 140* until service

mear components (c	, — — <i>,</i>
Amount Per Serving	
Meat	1.00

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

Nutrition Facts

Corving Cize	5. 2.00 Lacii		
Amount Pe	r Serving		
Calories		281.00	
Fat		13.00g	
SaturatedFa	at	3.70g	
Trans Fat		0.00g	
Cholestero		26.00mg	
Sodium		392.00mg	
Carbohydra	ates	31.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		10.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	1.40mg

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

Chicken Caesar Pasta Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30129
School:	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 2505Z	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			
Meat	2.00		
Grain	2.00		
Fruit	0.00		
GreenVeg	1.00		
RedVeg	0.25		
OtherVeg 0.00			
Legumes	0.00		
Starch	0.00		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	455.15
Fat	20.58g
SaturatedFat	5.27g
Trans Fat	0.04g
Cholesterol	88.33mg
Sodium	960.44mg
Carbohydrates	34.63g
Fiber	4.96g
Sugar	7.88g

Protein		35.80g	
Vitamin A	562.28IU	Vitamin C	9.25mg
Calcium	277.52mg	Iron	2.42mg

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

Caesar Dressing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30130
School:	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	Component	s (SLE)
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Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00
-	

Nutrition Facts

ociving oize. 1.00 Lacii			
Amount Per	r Serving		
Calories		90.00	
Fat		8.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		340.00mg	
Carbohydra	ates	3.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	97.00mg	Iron	0.00mg

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

Chicken Greek Pasta Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30169
School:	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 2505Z	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	Co	om	ponents	(SLE)
_	_	_	_	

Amount Per Serving		
Meat	2.00	
Grain	1.50	
Fruit	0.00	
GreenVeg	1.00	
RedVeg	0.25	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 401.10 Fat 16.70g SaturatedFat 4.80g **Trans Fat** 0.04g Cholesterol 81.25mg Sodium 892.65mg Carbohydrates 30.75g Fiber 4.85g 7.25g Sugar

Protein		34.85g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	268.60mg	Iron	2.30mg

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

Ham & Pimento Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30183
School:	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	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 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			
Meat	0.00		
Grain	0.00		
Fruit 0.00			
GreenVeg 0.13			
RedVeg 0.13			
OtherVeg 0.00			
Legumes 0.00			

Starch 0.00

Nutrition Facts

Amount Pe	er Serving		
Calories		382.32	
Fat		18.32g	
SaturatedF	at	6.81g	
Trans Fat		0.00g	
Cholestero	l	51.76mg	
Sodium		977.37mg	
Carbohydr	ates	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

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

Chicken Fajitas

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

Ingredients

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

Preparation Instructions

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

Cook to an internal temperature of 165 degrees F.

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

Meal	Com	onents	(SLE)
------	-----	--------	-------

Amount Per Serving	,
Amount Fer Serving	
Meat	1.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories		166.64	
Fat		4.02g	
SaturatedFa	at	1.40g	
Trans Fat		0.00g	
Cholestero		52.63mg	
Sodium		702.51mg	
Carbohydra	ates	16.43g	
Fiber		0.00g	
Sugar		1.00g	
Protein		15.77g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.58mg

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

Steak Fajitas

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

Ingredients

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

Preparation Instructions

Convection oven: preheat oven to 350 degrees f.

Place strips in a deep pan.

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

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

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

Meal Components (SLE)				
Amount Per Serving Meat 1.50				
Grain	1.00			
Fruit	0.00			
GreenVeg 0.00				
RedVeg 0.00				
OtherVeg 0.00				
Legumes 0.00				

Starch 0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		173.33	
Fat		5.33g	
SaturatedFa	at	2.33g	
Trans Fat		0.00g	
Cholestero		33.33mg	
Sodium		713.33mg	
Carbohydra	ates	14.67g	
Fiber		0.00g	
Sugar		1.00g	
Protein		15.33g	
Vitamin A	66.67IU	Vitamin C	0.00mg
Calcium	35.33mg	Iron	2.20mg

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

Guacamole

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

Ingredients

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

Preparation Instructions

READY_TO_EAT

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

Opened Bag: Keep surface covered to prevent browning.

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

Meal Components (SLE)

Amount Per Serving		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.25	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Gerving Gize	Serving Size. 5.00 Ounce			
Amount Per	Amount Per Serving			
Calories		75.00		
Fat		7.50g		
SaturatedFa	at	1.50g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		195.00mg		
Carbohydrates		3.00g		
Fiber		3.00g		
Sugar		0.00g		
Protein		1.50g		
		•		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Vitamin A Calcium	0.00IU 0.00mg	Vitamin C Iron	0.00mg 0.45mg	

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

Flame Roasted Peppers & Onions

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

Ingredients

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

Preparation Instructions

Arrange peppers and onions in a single layer on a parchment-lined sheet tray. Heat to 140* or higher.

Serve with fajitas.

You can mix with meat or serve seperately

Meal Components (SLE) Amount Per Serving			
Meat	0.00		
Grain	0.00		
Fruit	0.00		
GreenVeg	0.00		
RedVeg	0.10		
OtherVeg 0.15			
Legumes	0.00		
Starch	0.00		

Nutrition Facts

. 0.00 Oanot		
Serving		
	180.00	
	4.00g	
at	0.00g	
	0.00g	
	0.00mg	
	600.00mg	
ites	32.00g	_
	8.00g	
	20.00g	
	4.00g	
0.00IU	Vitamin C	0.00mg
80.00mg	Iron	1.60mg
	et 0.00IU	180.00 4.00g 4.00g 0.00g 0.00ng 0.00mg 600.00mg 4.00g 8.00g 20.00g 4.00g 0.00IU Vitamin C

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

Breaded Spicy Pickles

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30331
School:	WOODFORD COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PICKLE SPICY BATRD 6-2.5 BRWCT	3 Piece	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, OR UNTIL CRISP AND GOLDEN BROWN. NOTE: DO NOT OVERFILL FRYER BASKET (MAX. 1 4 FULL). DEEP_FRY 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		
Meat	0.00	
Grain	0.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.25	
Legumes	0.00	
Starch	0.00	

Nutrition Facts			
Servings Pe	r Recipe: 1.	00	
Serving Size	: 3.00 Each		
Amount Per	r Serving		
Calories		240.00	
Fat		12.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium 570.00mg			
Carbohydra	ites	27.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg Iron 0.00mg

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

Corn Dog on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30332
School:	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	Co	mp	onents	(SLE)
		_		

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

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

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

Roast Beef Cheddar Melt

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

Ingredients

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

Preparation Instructions

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

Serve 6 slices stacked on onion roll.

Serve with warm cheese cup

Meal Components (SLE)

Amount Per Serving		
Meat	2.00	
Grain	2.00	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		445.00	
Fat		15.50g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	67.50mg	
Sodium		1480.00mg	
Carbohydra	ates	47.00g	
Fiber		2.00g	
Sugar		14.00g	
Protein		28.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	412.00mg	Iron	3.62mg

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

Grilled Chicken Salad w/ croissant

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	2 Ounce	Wash Thoroughly. Slice into coins	626742
Grape Tomatoes	2 Ounce	Wash Thoroughly.	749041
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	RTE	741050
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	RTE	165761
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/2 Ounce		448010
CHIX BRST FLLT GRLLD 30# COMM	1 Each	Thaw under refrigeration or Bake.	491946
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

Preparation Instructions

Dice chicken into strips.

Arrange the salad in a to-go container.

Chill until service.

Meal Components (SLE)

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

Nutrition Facts

Amount Pe	r Serving		
Calories		510.64	
Fat		16.62g	
SaturatedFa	at	6.82g	
Trans Fat		0.00g	
Cholestero		87.80mg	
Sodium		708.60mg	
Carbohydrates		44.27g	
Fiber		13.19g	
Sugar		16.85g	
Protein		42.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	295.85mg	Iron	4.89mg

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

Chicken Fajita Salad Bowl

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

Ingredients

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

Legumes

Starch

Meal Components (SLE) Amount Per Serving

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

0.00

0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		587.64	
Fat		23.10g	
SaturatedF	at	7.53g	
Trans Fat		0.00g	
Cholestero	I	76.03mg	
Sodium		1127.94mg	
Carbohydra	ates	52.61g	
Fiber		16.59g	
Sugar		13.49g	
Protein		36.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	407.33mg	Iron	5.38mg
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^{*}All reporting of TransFat is for information only, and is not used for evaluation purposes

Italian Pepperoni Calzone

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

Ingredients

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

Preparation Instructions

Meal Components (SLF)

Starch

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.

Nutrition Facts

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

THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

0.00

Amount Per Serving	
Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		280.00		
Fat		11.00g		
SaturatedF	at	6.00g	6.00g	
Trans Fat		0.00g		
Cholesterol		25.00mg		
Sodium		590.00mg		
Carbohydrates		32.00g		
Fiber		3.00g		
Sugar		6.00g		
Protein		19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	361.00mg	Iron	2.00mg	

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

Spicy Chicken Salad w/ croutons

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	2 Ounce	Wash Thoroughly. Slice into coins	626742
Grape Tomatoes	2 Ounce	Wash Thoroughly.	749041
CARROT SHRD MULT-COLOR ORGNC 2-5 RSS	2 Ounce	RTE	741050
LETTUCE ROMAINE HERIT BLND 4-2 RSS	2 Cup	RTE	165761
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/2 Ounce		448010
CHIX TNDR HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CROUTON CHS GARL WGRAIN 2505Z	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

<u></u>	
Meat	3.00

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

Nutrition Facts

Amount Pe	r Serving		
Calories		583.64	
Fat		24.72g	
SaturatedFa	at	6.72g	
Trans Fat		0.04g	
Cholestero		42.80mg	
Sodium		929.00mg	
Carbohydrates		51.27g	
Fiber		15.99g	
Sugar		15.85g	
Protein		36.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	331.95mg	Iron	6.47mg

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

Chicken Biscuit w/ pimento cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30386
School:	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)
A	Dan Camina	

Amount Per Serving		
Meat	1.00	
Grain	2.50	
Fruit	0.00	
GreenVeg	0.00	
RedVeg	0.00	
OtherVeg	0.00	
Legumes	0.00	
Starch	0.00	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	327.50		
Fat	16.50g		
SaturatedFat	5.63g		
Trans Fat	0.00g		
Cholesterol	21.25mg		
Sodium	720.00mg		
Carbohydrates	33.00g		
Fiber	1.00g		
Sugar	2.75g		
Protein	12.25g		
Vitamin A 0.00IU	Vitamin C 42.00mg		

Calcium 132.50mg Iron 2.71mg

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Penne Pasta w/ meat sauce

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30387
School:	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

wear Components (SLE)
Amount Per Serving
Most 2.00

Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Pe	r Serving		
Calories		412.00	
Fat		13.50g	
SaturatedFa	at	3.50g	
Trans Fat		1.00g	
Cholesterol		26.00mg	
Sodium		560.00mg	
Carbohydra	ites	57.00g	
Fiber		5.00g	
Sugar		12.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.18mg

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Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30388
School:	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	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Amount Per	r Serving		
Calories		152.00	
Fat		7.50g	
SaturatedFa	at	2.50g	
Trans Fat		1.00g	
Cholesterol		26.00mg	
Sodium		505.00mg	
Carbohydra	ites	13.00g	
Fiber		3.00g	
Sugar		10.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

Boom Boom Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30389
School:	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 Co	mponents	(SLE)
---------	----------	-------

0.00
0.00
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Tablespoon

Amount Per Serving				
Calories		150.00		
Fat		16.00g		
SaturatedFa	ıt	2.50g		
Trans Fat		0.00g		
Cholesterol		15.00mg		
Sodium		250.00mg		
Carbohydra	tes	2.00g		
Fiber		0.00g		
Sugar		2.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30401
School:	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.

Meat Grain Fruit	
Fruit	2.50
	2.00
Croon\/og	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition racis				
Servings Per Recipe: 1.00				
Serving Size: 1.00 Each				
Amount Per Serving				
Calories	341.70			
Fat	14.00g			
SaturatedFat	5.20g			
Trans Fat	0.00g			
Cholesterol	70.50mg			
Sodium	1003.30mg			
Carbohydrates	31.00g	_		
Fiber	2.00g			
Sugar	3.50g			
Protein	22.50g			
Vitamin A 0.00IU	Vitamin C	0.00mg		
Calcium 155.17mg	Iron	2.96mg		

Nutrition Facts

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

Italian Breakfast Bagel Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30403
School:	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

Meal Components (SLF)

Arrange 1.5 oz of turkey, salami, and pepperoni, egg patty and cheese on bagel Serve warm.

mear components (CLL)			
Amount Per Serving			
Meat	2.50		
Grain	2.00		

2.00
0.00
0.00
0.00
0.00
0.00
0.00

Nutrition Facts

Serving Size	7. 1.00 Edon		
Amount Pe	r Serving		
Calories		348.35	
Fat		15.00g	
SaturatedF	at	5.10g	
Trans Fat		0.00g	
Cholestero	l	166.50mg	
Sodium		781.65mg	
Carbohydra	ates	32.00g	
Fiber		4.00g	
Sugar		5.50g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.84mg	Iron	2.28mg

^{*}All reporting of TransFat is for information only, and is not

used for evaluation purposes

Bacon Avocado Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30405
School:	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	
Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch 0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		284.17	
Fat		12.05g	
SaturatedFa	at	4.15g	
Trans Fat		0.02g	
Cholesterol		89.17mg	
Sodium		609.57mg	
Carbohydra	ites	31.50g	
Fiber		4.50g	
Sugar		5.50g	
Protein		15.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.00mg

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

Club Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30406
School:	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	
Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.35
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each	
Amount Per Serving	
Calories	321.43
Fat	12.52g
SaturatedFat	4.90g
Trans Fat	0.01g
Cholesterol	46.03mg
Sodium	887.23mg
Carbohydrates	31.13g
Fiber	2.55g
Sugar	5.13g
Protein	22.60g
Vitamin A 374.85IU	Vitamin C 6.17mg

Calcium 133.00mg Iron 2.32mg

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