

# **Cookbook for HHS**

**Created by HPS Menu Planner**

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# Sausage Biscuit HHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12472
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	2 1/4 Ounce	<b>BAKE</b> Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	441900
SAUSAGE PTY CKD IQF 2Z 10# QUINC	1 Ounce		219320

## Preparation Instructions

Biscuit Waiver

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	28.88g		
<b>SaturatedFat</b>	10.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	1071.25mg		
<b>Carbohydrates</b>	31.38g		
<b>Fiber</b>	1.13g		
<b>Sugar</b>	3.25g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.16mg

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

# Mozzarella Cheese Sticks w/Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18638
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each		494385
APTZR MOZZ STIX BATRD 6-2 GLDNCRSP	4 Each	<p><b>BAKE</b>            PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.</p> <p><b>CONVECTION</b>            PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 2 MINUTES ON EACH SIDE.</p> <p><b>DEEP_FRY</b>            FRY FROZEN PRODUCT AT 350°F FOR 2-1 2 TO 3 MINUTES.</p>	519715

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	583.33
<b>Fat</b>	25.00g
<b>SaturatedFat</b>	10.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1606.67mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	0.93g
<b>Sugar</b>	5.00g
<b>Protein</b>	23.67g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	400.00mg
<b>Iron</b>	3.80mg

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# Steak Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19207
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CNTRY FRD 104-2.4Z ADV	1 Each	<b>DEEP_FRY</b> Deep fryer: deep fry at 350 degrees f for 2 1 2 to 3 1 2 minutes conventional oven: from the frozen state, bake at 400 degrees f in conventional oven for 13-15 minutes. Convection oven: from the frozen state, bake at 375 degrees f in convection oven for 11-14 minutes.	485573
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## Preparation Instructions

### HACCP

Maintain hot potentially hazardous food at 140°F/60°C or above during display/service.

Check hot potentially hazardous food temperatures at least once every 1 to 2 hours with an approved thermometer.

Record these temperatures.

Check temperatures of all hot potentially hazardous foods removed from warmer or brought from kitchen for display/service.

These temperatures do not have to be recorded.

Reminder: A thermocouple thermometer must be used to accurately measure the temperature of food less than 2 inches/5 cm thick.

Reheat food that has been held below 140°F/60°C for 2 hours or less to 165°F/74°C.

Discard food that has been held below 140°F/60°C for more than 2 hours.

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	3.47
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>		400.00	
<b>Fat</b>		23.00g	
<b>SaturatedFat</b>		10.00g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		810.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		12.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	3.04mg

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# Bacon Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19866
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	2 1/4 Ounce		517810
BEEF PTY PREM CKD 3Z 6-4.875# JTM	3 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce		150260
BACON CKD RND 192CT HRML	1 Piece		433608

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.50 1

Amount Per Serving			
<b>Calories</b>	476.50		
<b>Fat</b>	25.19g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.90g		
<b>Cholesterol</b>	95.50mg		
<b>Sodium</b>	1027.51mg		
<b>Carbohydrates</b>	30.13g		
<b>Fiber</b>	4.38g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	30.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	149.25mg	<b>Iron</b>	3.13mg

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# Ham & Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19869
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice		271411
HAM SLCD .5Z 4-2.5 GFS	2 Slice		294187
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY TO EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	12.75g		
<b>SaturatedFat</b>	5.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	27.50mg		
<b>Sodium</b>	645.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	102.50mg	<b>Iron</b>	1.68mg
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# Chicken Parmesan Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19901
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	#16 scoop	592714
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

## Preparation Instructions

1. Cook chicken according to directions, CCP: Hot hold at 135F or higher
2. Place 2 chicken tenders, #16 scoop of mozzarella & #16 scoop of marinara sauce onto Hawaiian Bun
3. Hold in warmer

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	577.43		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1415.71mg		
<b>Carbohydrates</b>	67.86g		
<b>Fiber</b>	4.43g		
<b>Sugar</b>	15.86g		
<b>Protein</b>	35.43g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	236.43mg	<b>Iron</b>	1.08mg
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# Sweet & Sour Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20251
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SWT & SOUR 4-1GAL LACHY	12 1/2 Cup		242292
CHIX BRST CHNK HMSTYL CKD NAE 10	600 Each		222112

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	980.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.20mg

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# Sliced cucumbers w/ranch

<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00 4 oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20645
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 1-24CT MARKON	1/2 Cup		238653
DRESSING RNCH LT LO SOD 200-12GM GCHC	1 Each		699981

## Preparation Instructions

Clean and slice. Store in cooler and serve in refrigerated area

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 4 oz

#### Amount Per Serving

<b>Calories</b>	33.90		
<b>Fat</b>	2.55g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	55.50mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	27.30IU	<b>Vitamin C</b>	0.73mg
<b>Calcium</b>	12.16mg	<b>Iron</b>	0.08mg

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# Biscuit Stick w/Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20655
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	1/4 Cup		242420
DOUGH BISC STICK 250-1.25Z RICH	2 Each	<b>BAKE</b> Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	355.34		
<b>Fat</b>	17.52g		
<b>SaturatedFat</b>	10.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1552.03mg		
<b>Carbohydrates</b>	41.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.01g		
<b>Protein</b>	7.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.05mg	<b>Iron</b>	0.00mg

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# Buffalo Chicken Dip

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21342
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF 10-3 GCHC	3 1/3 Pound		163562
SAUCE HOT 4-1GAL CRWNCOLL	30 Ounce		264471
DRESSING RNCH LT 4-1GAL GCHC	3 1/3 Tablespoon		472999
CHEESE CHED MLD SHRD FINE 4-5 GCHC	3 1/3 Pound		191043
CHIX STRP FAJT GRLLD 6-5 GLDKST	10 Cup		903490
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

## Preparation Instructions

Place thawed diced chicken into full sized 6" hotel pan.  
In separate bowl, cut up cream cheese in cubes.  
Add shredded cheese, hot sauce, and ranch.  
Pour mixture over chicken.  
Cover with foil.  
Bake at 350 F for 30 minutes and heat internally 165F.  
Place chips in 1# boat, top with 4 oz of chicken dip.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00



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

### Nutrition Facts

Servings Per Recipe: 40.00  
Serving Size: 4.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	96.17
<b>Fat</b>	6.90g
<b>SaturatedFat</b>	3.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.81mg
<b>Sodium</b>	322.30mg
<b>Carbohydrates</b>	2.19g
<b>Fiber</b>	0.08g
<b>Sugar</b>	0.08g
<b>Protein</b>	5.87g

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<b>Vitamin A</b>	12.49IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	135.70mg	<b>Iron</b>	0.09mg

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# Crispito w/queso

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21745
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	<p><b>BAKE</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Conventional Oven            10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed.</p> <p><b>CONVECTION</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Convection Oven            9 - 11 minutes at 350°F from frozen.</p> <p><b>DEEP_FRY</b>  <b>PREPARATION:</b> 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.</p> <p><b>MICROWAVE</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Microwave            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.</p>	539635
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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**Calories** 478.00

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**Fat** 22.00g

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**SaturatedFat** 9.80g

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**Trans Fat** 0.50g

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**Cholesterol** 60.00mg

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**Sodium** 993.00mg

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**Carbohydrates** 46.00g

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**Fiber** 2.00g

---

**Sugar** 7.00g

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**Protein** 24.00g

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**Vitamin A** 400.00IU      **Vitamin C** 0.00mg

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**Calcium** 342.00mg      **Iron** 1.50mg

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

# Chili Cheese Nachos HS/MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21746
<b>School:</b>	HHS		

## 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
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Ounce		191043
CHILI BEEF W/BEAN 6-5 COMM	5 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

## Preparation Instructions

Heat chili to proper temperature, place 5 ounces of chili in bowl, serve with cheese cup and bag of chips

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.72
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	440.36
<b>Fat</b>	20.29g
<b>SaturatedFat</b>	7.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.59mg
<b>Sodium</b>	547.26mg
<b>Carbohydrates</b>	42.86g
<b>Fiber</b>	6.43g
<b>Sugar</b>	4.29g
<b>Protein</b>	20.15g
<b>Vitamin A</b> 1073.76IU	<b>Vitamin C</b> 16.30mg

**Calcium** 284.74mg **Iron** 3.17mg

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

# Chicken and Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21976
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD CKD WGRAIN 20	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840
WAFFLE BEL SGR PRL 48- 3.5 GINNYS	1 Each		243603

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	413.57		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.86mg		
<b>Sodium</b>	409.29mg		
<b>Carbohydrates</b>	44.14g		
<b>Fiber</b>	2.71g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	14.50g		
<b>Vitamin A</b>	577.14IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.86mg	<b>Iron</b>	2.15mg

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

# Fruit Plate #2

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22313
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CHEESE COTTAGE SML 1 4-5 GCHC	2 Ounce	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
PINEAPPLE GLDN 6-7CT P/L	1/2 Cup		728489
CRACKER SALTINE 300-4CT ZESTA	4 Package	no whole grain	270644
CANTALOUPE CHNK 2-8 RSS	1/2 Cup		782601
RAISIN SELECT 30 P/L	2 Ounce		105686

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	2.00
<b>Fruit</b>	1.20
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	1489.12
<b>Fat</b>	8.01g
<b>SaturatedFat</b>	0.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	1066.65mg
<b>Carbohydrates</b>	346.08g
<b>Fiber</b>	20.97g
<b>Sugar</b>	282.29g

<b>Protein</b>	23.00g
<b>Vitamin A</b> 158.55IU	<b>Vitamin C</b> 41.21mg
<b>Calcium</b> 338.67mg	<b>Iron</b> 11.83mg

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



# White Chicken Chili w/ tortilla chips

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22754
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRT NORTHR 6-10 GCHC	24 Cup		119075
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
SALT KOSHER 12-3 DIAC	3 Teaspoon		424307
SPICE CUMIN GRND 15Z TRDE	6 Teaspoon		273945
SPICE OREGANO WHL 24Z TRDE	12 Teaspoon		518351
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 1/2 Teaspoon		282944
CHIX STRP FAJT GRLLD 6-5 GLDKST	7 1/2 Pound		903490
BASE CHIX LO SOD 12-1 LEGO	5 Tablespoon		130869
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 PEPR JK SHRD FTNR 4-5 P/L	2 Ounce		114422

## Preparation Instructions

Put chicken, beans, seasoning and base (w/water for stock) and simmer to proper temperature. Serve with cheese and chips plus other condiments

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 1 cup

<b>Amount Per Serving</b>			
<b>Calories</b>	242.07		
<b>Fat</b>	3.20g		
<b>SaturatedFat</b>	0.74g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	68.64mg		
<b>Sodium</b>	942.10mg		
<b>Carbohydrates</b>	25.31g		
<b>Fiber</b>	7.16g		
<b>Sugar</b>	1.31g		
<b>Protein</b>	24.85g		
<b>Vitamin A</b>	22.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.58mg	<b>Iron</b>	3.00mg

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# PB & J Combo #1

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22765
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60 1

#### Amount Per Serving

<b>Calories</b>	513.33
<b>Fat</b>	26.67g
<b>SaturatedFat</b>	8.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	52.67g
<b>Fiber</b>	5.33g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 374.33mg	<b>Iron</b> 1.96mg

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

# Nacho Dip

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23275
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	35 Pound		722330
BEAN REFRD 6-10 P/L	1 1/3 #10 CAN		293962
Salsa, Low-Sodium, Canned	1 1/3 #10 CAN	READY_TO_EAT	100330
SAUCE CHS CHED POUCH 6-106Z LOL	1 2/3 Package		135261

## Preparation Instructions

In shallow steam table pans:

1.5 bags taco meat

1/2, #10 can refried beans

1/2, #10 can salsa

2 quart cheese sauce

Mix all together and bake UNCOVERED at 300 degrees for 50-55 minutes until 170 degrees. Stir at 20 minute.

\*Top with shredded cheddar

\*Serve with #8 dipper.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.14
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.09
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	133.74
<b>Fat</b>	5.01g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.26g
<b>Cholesterol</b>	31.93mg
<b>Sodium</b>	391.62mg
<b>Carbohydrates</b>	9.92g
<b>Fiber</b>	3.49g
<b>Sugar</b>	2.63g

<b>Protein</b>	12.92g
<b>Vitamin A</b> 569.72IU	<b>Vitamin C</b> 4.42mg
<b>Calcium</b> 53.63mg	<b>Iron</b> 2.11mg

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

# Meatball Sub

<b>Servings:</b>	57.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23280
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	122 Each	Heat meatball in spaghetti sauce 6 meatballs per sandwich	785860
CHEESE MOZZ 3 SHRD FTNR 4-5 PG	14 1/4 Cup		780995
SAUCE SPAGHETTI 6-10 GCHC	1 #10 CAN		144207
BUN SUB SLCD 8 16-4CT GCHC	57 Each		219650

## Preparation Instructions

Place 6 heated sauced meatballs on bun and top with .25 cups of mozzarella and place in warmer holding at proper temp for service

Bag or wrap if needed.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	468.71		
<b>Fat</b>	14.82g		
<b>SaturatedFat</b>	5.87g		
<b>Trans Fat</b>	0.32g		
<b>Cholesterol</b>	44.26mg		
<b>Sodium</b>	1033.18mg		
<b>Carbohydrates</b>	58.56g		
<b>Fiber</b>	3.90g		
<b>Sugar</b>	6.25g		
<b>Protein</b>	21.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	369.65mg	<b>Iron</b>	4.03mg

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

# Tex-Mex Tachos

<b>Servings:</b>	106.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23284
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	40 Pound	1 case = 106 / 4 oz servings Convection Oven: Preheat oven to 425 degrees F. Spread frozen product evenly on a shallow baking pan. Bake for 12-17 minutes. Turning once for uniform cooking. For best results, cook to a light golden color.	563840
TACO FILLING BEEF REDC FAT 6-5 COMM	21 Pound	3.17 oz = 2M 1 case = 106 / 3 oz servings PLACE SEALED BAGS IN A STEAMER OR IN 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. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	13 1/4 Pound		722110

## Preparation Instructions

1. Cook Tater tots according to manufacturer's instructions, until crisp and golden.
2. Cook Taco beef according to manufacturer's instructions. CCP: Heat to 165 F or higher.
3. Cook Cheese sauce according to manufacturer's instructions. CCP: Heat to 155 F or higher.
4. To serve, place 4 oz (3/4 c, or ~13 tots ea) of tater tots in a nacho boat 537573. Top with 3 oz taco meat and 3 oz cheese sauce. Let students top with salsa, sour cream, etc.

\*\*Allergens: Milk, Soy.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.50

## Nutrition Facts

Servings Per Recipe: 106.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>			303.19
<b>Fat</b>			16.58g
<b>SaturatedFat</b>			7.44g
<b>Trans Fat</b>			0.29g
<b>Cholesterol</b>			65.00mg
<b>Sodium</b>			859.05mg
<b>Carbohydrates</b>			18.40g
<b>Fiber</b>			3.34g
<b>Sugar</b>			2.67g
<b>Protein</b>			20.47g
<b>Vitamin A</b>	1044.96IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	243.00mg	<b>Iron</b>	2.00mg

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



# Chocolate Muffin/cheese box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26295
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STIX COLBY JK IW 168-1Z	2 Each		235551
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Serving		282422
APPLE GRANNY SMITH 100CT MRKN	1 Piece		302864

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	609.93		
<b>Fat</b>	28.87g		
<b>SaturatedFat</b>	13.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.00mg		
<b>Sodium</b>	671.30mg		
<b>Carbohydrates</b>	71.67g		
<b>Fiber</b>	6.43g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	19.97g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	569.01mg	<b>Iron</b>	3.01mg

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# Fajita Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28590
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 7/15 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Ounce		712131
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	364.23
<b>Fat</b>	16.05g
<b>SaturatedFat</b>	10.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.76mg
<b>Sodium</b>	769.64mg
<b>Carbohydrates</b>	32.41g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.45g
<b>Protein</b>	24.80g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	238.92mg	<b>Iron</b>	2.00mg

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# Assorted Frozen Fruits

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28666
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	4 Ounce		655010
Peach Cups 96-4.4Z	4 2/5 Ounce		100241

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	34.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Ham and Cheese Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28804
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce		680656

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	225.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	27.50mg		
<b>Sodium</b>	665.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.50mg	<b>Iron</b>	1.80mg

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

# Protein Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28805
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce		680656
CHEESE STRING MOZZ IW 1Z 4-36CT GCHC	2 Each		714960
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
CRACKER GRHM WGRAIN IW 150-3CT NAB	2 Package		529974
Apples, Bananas, Pears, Grapes R & G, Oranges	1 Serving		R-28576
CARROTS BABY PLD 72-3Z P/L	1 Package		241541

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	2.83
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	655.93
<b>Fat</b>	22.17g
<b>SaturatedFat</b>	8.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1290.50mg
<b>Carbohydrates</b>	83.20g
<b>Fiber</b>	10.03g
<b>Sugar</b>	32.84g
<b>Protein</b>	28.80g
<b>Vitamin A</b> 11627.72IU	<b>Vitamin C</b> 69.77mg
<b>Calcium</b> 591.91mg	<b>Iron</b> 2.97mg

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# BBQ Rib on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28964
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each		661921
ROLL HOAGIE 6 12-6CT GCHC	1 Each		206580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.40
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	850.00mg		
<b>Carbohydrates</b>	52.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	4.08mg

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# \*Cheesy Chicken and Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28965
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	237 Ounce	UNSPECIFIED Not currently available	570533
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	200 Ounce		722110
RICE PARBL STRONGBOX 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

## Preparation Instructions

Keep products frozen until ready for preparation:

Standard:

Maintain hot potentially hazardous food at 140°F/60°C or above during display/service.

Monitoring:

Check hot potentially hazardous food temperatures at least once every 1 to 2 hours with an approved thermometer.

Record these temperatures.

Check temperatures of all hot potentially hazardous foods removed from warmer or brought from kitchen for display/service.

These temperatures do not have to be recorded.

Reminder: A thermocouple thermometer must be used to accurately measure the temperature of food less than 2 inches/5 cm thick.

Corrective Action:

Reheat food that has been held below 140°F/60°C for 2 hours or less to 165°F/74°C.

Discard food that has been held below 140°F/60°C for more than 2 hours.

Record-Keeping:



Maintain Temperature Log or equivalent record.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.06
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	227.50
<b>Fat</b>	12.95g
<b>SaturatedFat</b>	6.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.45mg
<b>Sodium</b>	531.75mg
<b>Carbohydrates</b>	4.27g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	21.38g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 207.53mg	<b>Iron</b> 0.53mg

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

# Chicken Enchilada

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29170
<b>School:</b>	HHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	200 Each		402332
Shredded Cheddar Cheese	200 Ounce		100003
SAUCE ENCH LO SOD 6-10 REDG - Red Gold - M	1 #10 CAN	READY_TO_EAT None	407472

## Preparation Instructions

Cover enchiladas with sauce and bake according to directions and then sprinkle with cheddar cheese and place in warmer for service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 1

#### Amount Per Serving

<b>Calories</b>	507.76		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	15.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	100.00mg		
<b>Sodium</b>	867.25mg		
<b>Carbohydrates</b>	37.55g		
<b>Fiber</b>	8.52g		
<b>Sugar</b>	2.52g		
<b>Protein</b>	28.52g		
<b>Vitamin A</b>	2000.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	5.40mg

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