

# **Cookbook for KATHY'S TEST SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

## **BREAKFAST PIZZA**

variety of breakfast pastries

**Milk Variety**

**Yogurt**

**Cereal**

**Stuffed Crust Pizza**

**1-Broccoli & Cheese**

**Juice Variety**

**Fruit**

**Ketchup**

**Mustard**

**Poptart Variety- 2 Count**

**Poptart Variety- 1 Count**

**Cereal Variety**

**Taco Meat**

**PBJ Option- High School**

**Choice of Juice**

**Fresh Fruit Variety**

**Oatmeal**

**Cereal Bar Variety**

**Toast with Butter**

**Yogurt Variety**

**Mashed Potatoes**

**Corn-Liberty Elem**

**Chicken Gravy**

**Famous HPS Cheeseburger**

**HPS Walking Taco**

**Famous HPS Oatmeal**

**HPS Chicken Breast Sandwich**

**HPS Taco Soup**

**HPS Daily Salad**

**HPS Tuna and Noodles**

**HPS Tuna and Noodles**

**HPS Orange Glazed Sweet Potatoes**

**HPS Turkey and Beef Macaroni**

**HPS Brown Rice Pilaf**

**HPS Barbecue Chicken Salad**

**HPS Spaghetti and Meat Sauce (Ground Beef and Ground Pork)**

**HPS Peanut Butter and Jelly Sandwich**

**HPS Black Bean Hummus**

**HPS Marinated Black Bean Salad**

**HPS Hamburger**

**HPS Kati-Kati Baked Chicken**

**HPS Vegetable Chili**

**HPS Vegetable Sticks**

**HPS Sauteed Spinach and Tomatoes**

**HPS Jollof Rice**

**HPS Cornbread**

**HPS Gingerbread**

**Taco Walking MTG**

**Choice of Juice**

**Deluxe Cheeseburger**

**Bowl Asian Mashed Potato MTG**

**Side Salad**

**Chicken Alfredo**

**Eggs Scrambled USDA**

**Choice of Juice**

**zeeland yp**

**Pizza Sauce - copy plymouth**

**WalkingTaco**

**TEST ZEELAND Breakfast Sandwich: Sausage Egg and Cheese on Bagel**

**Graves Tasty Tidbits**

**Graves Salsa**

**Plymouth Beef Taco Meat**

**Grilled Chicken Sandwich**

**Breakfast Tornado**

**Popcorn Chicken Smackers**

**Grilled Cheese Sandwich**

**Seasoned Green Beans**

**Roll Sister Schubert**

**Pancake on a Stick**

**Pepperoni Pizza**

**Golden Corn**

**Carrot Cup**

**Sausage Biscuit (BIC)**

**Beefy Nacho**

**PB&J Sandwich with String Cheese**

**Shredded Cheese**

**Chicken Biscuit (BIC)**

**Asian Chicken (Mandarin Orange)**

**Yogurt Express**

**Seasoned Broccoli**

**WG Vegetable Fried Rice**

**Pizza Bosco Sticks**

**Cafe Burger w/ Cheese**

**Curly Fries**

**Baked Beans**

**Dill Pickle Slices**

**Turkey n cheese bagel sandwich**

**Turkey & Cheese Bagel**

**Turkey & Cheese Bagel Sandwich**

**Turkey & Cheese Bagel Sandwich**

**Turkey & Cheese Bagel Sandwich**

**Turkey & Cheese Bagel Sandwich**

**turkey**

**Deluxe Cheese burger kd**

# BREAKFAST PIZZA



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8067
<b>School:</b>	Test High School 2		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.02

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>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

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**Amount Per Serving**

<b>Calories</b>	2.10		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.60mg		
<b>Sodium</b>	3.40mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.60mg	<b>Iron</b>	0.02mg

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



# variety of breakfast pastries



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16936

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
PASTRY POP-TART BLUEB FRSTD 72-2CT	1 Piece		765562
DOUGH ROLL CINN WHLWHE 2.25Z 6-32CT	1		797322

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	6.38
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	948.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	4.30g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	885.00mg
<b>Carbohydrates</b>	182.00g
<b>Fiber</b>	11.10g
<b>Sugar</b>	70.50g

<b>Protein</b>	13.30g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 300.00mg	<b>Iron</b> 6.30mg

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# Milk Variety



<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18878
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Skim - White Milk	1/3 Cup	READY_TO_DRINK	UD White Skim
1% Milk - White	1/3 Cup	READY_TO_DRINK	UD 1% White
Chocolate Skim Milk	1/3 Cup	READY_TO_DRINK	UD Chocolate Skim

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	105.60
<b>Fat</b>	0.83g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.95mg
<b>Sodium</b>	151.80mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.85g
<b>Protein</b>	8.58g

<b>Vitamin A</b>	9.90IU	<b>Vitamin C</b>	2.64mg
<b>Calcium</b>	26.40mg	<b>Iron</b>	0.00mg

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# Yogurt

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18880
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	80.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	65.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g

<b>Sugar</b>	9.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 0.00mg

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# Cereal

NO IMAGE

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18881
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
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
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
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
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bowl

Amount Per Serving			
Calories	109.00		
Fat	1.30g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	23.40g		
Fiber	1.90g		
Sugar	7.70g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	3.62mg

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# Stuffed Crust Pizza

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18882
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

## Preparation Instructions

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.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00  
Serving Size: 1.00 Slice

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**Amount Per Serving**

<b>Calories</b>	313.33
<b>Fat</b>	12.33g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	35.67g
<b>Fiber</b>	3.33g
<b>Sugar</b>	4.00g
<b>Protein</b>	15.67g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	340.00mg	<b>Iron</b>	2.47mg

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# 1-Broccoli & Cheese

NO IMAGE

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18883
<b>School:</b>	Test High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 1/3 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

## Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. \*\*\*\*CAUTION: DO NOT OVER COOK.\*\*\*\*

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.49
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	168.04		
<b>Fat</b>	8.60g		
<b>SaturatedFat</b>	5.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.81mg		
<b>Sodium</b>	573.56mg		
<b>Carbohydrates</b>	9.66g		
<b>Fiber</b>	3.03g		
<b>Sugar</b>	4.45g		
<b>Protein</b>	13.35g		
<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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# Juice Variety



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18884
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

## 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: 2.00  
Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	55.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	13.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	30.00mg

**Calcium** 5.00mg **Iron** 1.00mg

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# Fruit

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18885
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup	BAKE	100219
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE	473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup	BAKE	100224
Wild Blueberries fzn	1 Cup	BAKE	100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GCHC	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Each	BAKE	14J93
Grapes	1	BAKE	14P36
Pear, fresh	1	BAKE	14P12
Oranges, whole	1 Each	BAKE	16W62

## 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>	0.61
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	98.77		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.50mg		
<b>Carbohydrates</b>	24.14g		
<b>Fiber</b>	2.31g		
<b>Sugar</b>	18.93g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	28.77IU	<b>Vitamin C</b>	6.59mg
<b>Calcium</b>	12.87mg	<b>Iron</b>	0.52mg

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# Ketchup

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18886
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Mustard

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18887
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

# Poptart Variety- 2 Count



<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18893
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

## 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: 3.00  
Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	365.00
<b>Fat</b>	5.83g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	386.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	5.73g
<b>Sugar</b>	30.33g

<b>Protein</b>	4.67g		
<b>Vitamin A</b>	406.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	220.00mg	<b>Iron</b>	3.60mg

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# Poptart Variety- 1 Count

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18894
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	186.67
<b>Fat</b>	2.83g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	196.67mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.33g

<b>Protein</b>	2.33g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 1.80mg

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# Cereal Variety

NO IMAGE

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18895
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
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
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
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.50mg		
<b>Carbohydrates</b>	23.63g		
<b>Fiber</b>	2.13g		
<b>Sugar</b>	6.88g		
<b>Protein</b>	2.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.25mg	<b>Iron</b>	3.57mg

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# Taco Meat

NO IMAGE

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18896
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN		100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package		183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.43
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.52
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.10
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

### Amount Per Serving

<b>Calories</b>	185.80
<b>Fat</b>	8.90g
<b>SaturatedFat</b>	2.97g
<b>Trans Fat</b>	1.43g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	238.35mg
<b>Carbohydrates</b>	13.13g
<b>Fiber</b>	4.01g
<b>Sugar</b>	3.85g
<b>Protein</b>	12.80g
<b>Vitamin A</b> 232.94IU	<b>Vitamin C</b> 1.69mg
<b>Calcium</b> 16.59mg	<b>Iron</b> 1.33mg

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# PBJ Option- High School

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18897
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	88.00mg	<b>Iron</b>	2.00mg
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# Choice of Juice

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18898
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	63.33
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.67mg
<b>Carbohydrates</b>	15.33g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.20mg

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# Fresh Fruit Variety

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18899
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

## 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>	1.42
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		117.86	
<b>Fat</b>		0.34g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1.63mg	
<b>Carbohydrates</b>		30.90g	
<b>Fiber</b>		4.68g	
<b>Sugar</b>		20.27g	
<b>Protein</b>		0.87g	
<b>Vitamin A</b>	130.23IU	<b>Vitamin C</b>	21.07mg
<b>Calcium</b>	22.07mg	<b>Iron</b>	0.34mg

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# Oatmeal

NO IMAGE

<b>Servings:</b>	17.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18900
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound		240869
Tap Water for Recipes	16 Cup	UNPREPARED	000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	234.56
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.09mg
<b>Carbohydrates</b>	49.56g
<b>Fiber</b>	4.00g

<b>Sugar</b>	22.59g		
<b>Protein</b>	4.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.60mg

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# Cereal Bar Variety



<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18901
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 1.42 oz	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	154.44
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	116.67mg
<b>Carbohydrates</b>	28.11g
<b>Fiber</b>	2.78g
<b>Sugar</b>	9.89g
<b>Protein</b>	2.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.11mg	<b>Iron</b> 1.39mg

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# Toast with Butter

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18902
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.40mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 4.00mg **Iron** 6.00mg

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# Yogurt Variety

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18903
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to eat single serving	551741

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		85.00	
<b>Fat</b>		0.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		5.00mg	
<b>Sodium</b>		62.50mg	
<b>Carbohydrates</b>		16.50g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		10.50g	
<b>Protein</b>		3.75g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	135.00mg	<b>Iron</b>	0.00mg

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



# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18904
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	10 Package		613738
MARGARINE SLD 30-1 GCHC	5 Pound		733061
SALT IODIZED 25 CARG	2 1/2 Cup		108286

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	110.01
<b>Fat</b>	5.40g
<b>SaturatedFat</b>	1.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1089.39mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g

<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.44mg	<b>Iron</b>	0.30mg

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

# Corn-Liberty Elem

NO IMAGE

<b>Servings:</b>	108.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18905
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	54 Cup		100348
BUTTER SUB 24-4Z BTRBUDS	1 1/8 Cup		209810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	68.17		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.04mg		
<b>Carbohydrates</b>	16.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Chicken Gravy

NO IMAGE

<b>Servings:</b>	2560.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18906
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pound		733061
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup		442704
STARCH CORN 24-1 ARGO	5 Pound		108413
BASE CHIX 12-1 KE	2 Pound		160790

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2560.00

Serving Size: 1.00 Tablespoon

<b>Amount Per Serving</b>	
<b>Calories</b>	5.72
<b>Fat</b>	0.21g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	53.84mg
<b>Carbohydrates</b>	0.94g
<b>Fiber</b>	0.00g

<b>Sugar</b>	0.02g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	9.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Famous HPS Cheeseburger



<b>Servings:</b>	100.00	<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-22533
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	100 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice		189071
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.25
<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: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	375.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	27.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.50mg	<b>Iron</b>	2.80mg

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# HPS Walking Taco



<b>Servings:</b>	100.00	<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-22762

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	100 Cup		451730
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TURKEY TACO MEAT FC 4-7 JENNO	12 1/2 Pound		768230

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	193.09
<b>Fat</b>	5.82g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.54mg
<b>Sodium</b>	337.62mg
<b>Carbohydrates</b>	22.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	12.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.29mg	<b>Iron</b> 1.02mg

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

# Famous HPS Oatmeal



<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23044
<b>School:</b>	HPS Elementary School - test		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	4 2/5 Pound		240869
Tap Water for Recipes	47 1/16 Cup		000001WTR
SUGAR BROWN MED 25 GCHC	6 Cup		108626
FLAVORING VANILLA IMIT 1-1GAL KE	4 2/5 Teaspoon		110744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	236.19
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.09mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.99g

<b>Sugar</b>	23.04g		
<b>Protein</b>	4.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.60mg

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

# HPS Chicken Breast Sandwich



<b>Servings:</b>	100.00	<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-23429
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

## 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: 100.00  
 Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.72mg

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

# HPS Taco Soup



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23430
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup		224707
SPICE CUMIN GRND 15Z TRDE	1 1/4 Cup		273945
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE ONION POWDER 19Z TRDE	2 2/3 Tablespoon		126993
SPICE PEPR RED CRUSHED 3.75 TRDE	1 1/3 Tablespoon		513768
SPICE PEPR BLK REST GRIND 16Z TRDE	2 2/3 Tablespoon		225061
ONION DCD 1/2 2-5 RSS	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup		192716
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE 6-10 KE	10 Cup		244805

Description	Measurement	Prep Instructions	DistPart #
BEAN KIDNEY 6-10 COMM	25 9/10 Cup		173860

## Preparation Instructions

### Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight.

Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and



22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

25: Critical Control Point: Hold for hot service at 135 °F or higher.

26: OR

27: Chill for later use.

28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.30
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.25
<b>Starch</b>	0.10

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	196.75		
<b>Fat</b>	6.81g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	1.01g		
<b>Cholesterol</b>	26.39mg		
<b>Sodium</b>	583.74mg		
<b>Carbohydrates</b>	23.37g		
<b>Fiber</b>	4.83g		
<b>Sugar</b>	5.69g		
<b>Protein</b>	11.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.60mg	<b>Iron</b>	1.26mg

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

# HPS Daily Salad



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23431
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
CUCUMBER 1-24CT MARKON	25 Cup		238653
TOMATO 6X6 LRG 25 MRKN	25 Cup		199036

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	5.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25

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

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	20.05
<b>Fat</b>	0.13g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.50mg
<b>Carbohydrates</b>	4.25g
<b>Fiber</b>	1.63g
<b>Sugar</b>	2.50g
<b>Protein</b>	1.48g

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<b>Vitamin A</b>	388.50IU	<b>Vitamin C</b>	6.53mg
<b>Calcium</b>	22.58mg	<b>Iron</b>	0.52mg

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

# HPS Tuna and Noodles



<b>Servings:</b>	100.00	<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-23436

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound		654541
MARGARINE SLD 30-1 GCHC	2 Cup		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup		311227
BROTH CHIX 12-5 COLLEGE INN	16 Cup		264865

# Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	16.37
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.04
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.34
<b>Legumes</b>	0.00
<b>Starch</b>	0.05

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	561.99		
<b>Fat</b>	4.29g		
<b>SaturatedFat</b>	1.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	164.49mg		
<b>Sodium</b>	698.83mg		
<b>Carbohydrates</b>	23.35g		
<b>Fiber</b>	1.70g		
<b>Sugar</b>	4.44g		
<b>Protein</b>	111.30g		
<b>Vitamin A</b>	378.26IU	<b>Vitamin C</b>	6.57mg
<b>Calcium</b>	89.54mg	<b>Iron</b>	1.00mg

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

# HPS Tuna and Noodles



<b>Servings:</b>	100.00	<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-23439
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound		654541
MARGARINE SLD 30-1 GCHC	2 Cup		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup		311227

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX 12-5 COLLEGE INN	16 Cup		264865

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	16.37
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.04
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.34
<b>Legumes</b>	0.00
<b>Starch</b>	0.05

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	561.99
<b>Fat</b>	4.29g
<b>SaturatedFat</b>	1.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	164.49mg
<b>Sodium</b>	698.83mg
<b>Carbohydrates</b>	23.35g
<b>Fiber</b>	1.70g
<b>Sugar</b>	4.44g
<b>Protein</b>	111.30g
<b>Vitamin A</b>	378.26IU
<b>Vitamin C</b>	6.57mg

<b>Calcium</b>	89.54mg	<b>Iron</b>	1.00mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes



# HPS Orange Glazed Sweet Potatoes



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23440
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup		733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup		464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart		119997
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	2 2/3 Tablespoon		224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
POTATO SWT DCD 3/4 2-5 P/L	16 1/2 Pound		869351
STARCH CORN 24-1 ARGO	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882

# Preparation Instructions

## Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

## Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

## Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.11
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.37
<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 Serving

### Amount Per Serving

<b>Calories</b>	147.88		
<b>Fat</b>	3.81g		
<b>SaturatedFat</b>	1.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	143.02mg		
<b>Carbohydrates</b>	28.65g		
<b>Fiber</b>	1.71g		
<b>Sugar</b>	19.83g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	7375.23IU	<b>Vitamin C</b>	10.40mg
<b>Calcium</b>	14.62mg	<b>Iron</b>	0.31mg

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# HPS Turkey and Beef Macaroni



<b>Servings:</b>	100.00	<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-23441
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon		748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound		229941
TURKEY GROUND RAW 4-5# PERD	10 Pound		202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound		198307
TOMATO PASTE 26% 6-10 REDG	2 3/5 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon		580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
Beef, Fine Ground 85/15, Frozen	6 Pound		100158

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.54

<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 Serving

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**Amount Per Serving**

<b>Calories</b>	277.37
<b>Fat</b>	9.88g
<b>SaturatedFat</b>	2.92g
<b>Trans Fat</b>	0.96g
<b>Cholesterol</b>	60.96mg
<b>Sodium</b>	318.75mg
<b>Carbohydrates</b>	28.50g
<b>Fiber</b>	4.18g
<b>Sugar</b>	5.33g
<b>Protein</b>	20.13g

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<b>Vitamin A</b>	493.42IU	<b>Vitamin C</b>	6.20mg
<b>Calcium</b>	36.62mg	<b>Iron</b>	2.49mg

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# HPS Brown Rice Pilaf



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23448
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	2 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	2 Pound		198331
GARLIC MINCED IN WTR 12-32Z	2 2/3 Tablespoon		907713
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE CELERY SALT 32Z TRDE	1 1/3 Tablespoon		231517
MUSHROOM SLCD 1/16 10 MRKN	1 1/4 Quart		444823
THYME FRESH 8Z MRKN	1 1/3 Tablespoon		562726
BROTH CHIX NO MSG 12-5 HRTHSTN	1 1/2 Gallon		261564
TOMATO PASTE 26 6-10 GCHC	50 Tablespoon		100196

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 1/2 Pound	<b>BOIL</b> 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.	516371
SPINACH 12-8Z	13 Cup		560712
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882
CHEESE PARM SHVD 2-5 PG	2 1/2 Cup		140560
PARSLEY CALIF CLND 4-1 RSS	1/2 Cup		272396

## Preparation Instructions

### Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly. Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

### Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

## Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	433.14
<b>Fat</b>	6.32g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	428.51mg
<b>Carbohydrates</b>	83.42g
<b>Fiber</b>	3.10g
<b>Sugar</b>	6.22g
<b>Protein</b>	12.37g

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<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	130.18mg	<b>Iron</b>	2.53mg

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# HPS Barbecue Chicken Salad



<b>Servings:</b>	100.00	<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-23450
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce		438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon		513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound		599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound		319228
ONION RED DCD 1/4 2-5 RSS	2 Pound		429201
CELERY DCD 1/2 2-5 RSS	52 Ounce		503924

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce		162170
TOMATO SLCD 1/4 5 RSS	60 Ounce		786535

## Preparation Instructions

### Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.15
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	139.09		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.40mg		
<b>Sodium</b>	422.97mg		
<b>Carbohydrates</b>	13.86g		
<b>Fiber</b>	1.11g		
<b>Sugar</b>	10.02g		
<b>Protein</b>	18.26g		
<b>Vitamin A</b>	528.58IU	<b>Vitamin C</b>	5.98mg
<b>Calcium</b>	20.43mg	<b>Iron</b>	0.54mg

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

# HPS Spaghetti and Meat Sauce (Ground Beef and Ground Pork)



<b>Servings:</b>	100.00	<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-23451
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	6 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	10 Ounce		198331
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
TOMATO PUREE 1.045 6-10 GCHC	1 1/2 Gallon		100242
SALT IODIZED 25 CARG	2 2/3 Tablespoon		108286
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	Add 1 Quart of water base	504599
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup		259195
SPICE BASIL GRND 12Z TRDE	1/4 Cup		513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup		228443
SPICE MARJORAM LEAF 3.5Z TRDE	2 Tablespoon		513709
SPICE THYME GRND 12Z TRDE	1 Tablespoon		513822

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460
Beef, Fine 85/15	11 Pound		100158
PORK GRND 80/20 2-6 HALP	6 Pound		579042

## Preparation Instructions

### Directions:

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.48
<b>OtherVeg</b>	0.19

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

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		324.39	
<b>Fat</b>		14.09g	
<b>SaturatedFat</b>		4.74g	
<b>Trans Fat</b>		1.31g	
<b>Cholesterol</b>		59.93mg	
<b>Sodium</b>		329.96mg	
<b>Carbohydrates</b>		29.46g	
<b>Fiber</b>		3.37g	
<b>Sugar</b>		5.53g	
<b>Protein</b>		21.05g	
<b>Vitamin A</b>	2624.42IU	<b>Vitamin C</b>	5.49mg
<b>Calcium</b>	23.31mg	<b>Iron</b>	2.65mg

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

# HPS Peanut Butter and Jelly Sandwich



<b>Servings:</b>	100.00	<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-23452
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	100 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	43.00g

<b>Fiber</b>	6.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	2.50mg

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



# HPS Black Bean Hummus



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23453
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	50 Cup		518551
BEAN GARBANZO LO SOD 6-10 P/L	50 Cup	Boil Beans First	597991
LEMON JUICE 100 12-32FLZ GCHC	2 1/4 Quart		311227
GARLIC WHL FRSH 5	1 1/3 Quart		907673
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup		524948
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE CUMIN GRND 5 TRDE	1/4 Cup		777072
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550

## Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

## 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>	0.10
<b>Legumes</b>	1.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	235.31		
<b>Fat</b>	2.68g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	351.89mg		
<b>Carbohydrates</b>	41.55g		
<b>Fiber</b>	12.17g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	12.51g		
<b>Vitamin A</b>	0.72IU	<b>Vitamin C</b>	2.49mg
<b>Calcium</b>	59.75mg	<b>Iron</b>	1.81mg

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# HPS Marinated Black Bean Salad



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23454
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME 4-1GAL REALIME	1 Cup		199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SPICE CUMIN GRND 5 TRDE	2 Tablespoon		777072
GARLIC WHL FRSH 5	7/8 Cup		907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup		524948
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
CORN CUT IQF 30 GCHC	3 1/4 Cup	BAKE	285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound		198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4 2-5 RSS	2 Cup		429201
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce		466240
CHEESE CHED SHRD 6-5 COMM	2 Pound		199720

## Preparation Instructions

### Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.32
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.14
<b>Legumes</b>	0.26
<b>Starch</b>	0.01

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	134.05		
<b>Fat</b>	4.02g		
<b>SaturatedFat</b>	2.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	205.66mg		
<b>Carbohydrates</b>	18.57g		
<b>Fiber</b>	4.93g		
<b>Sugar</b>	6.64g		
<b>Protein</b>	5.74g		
<b>Vitamin A</b>	240.12IU	<b>Vitamin C</b>	14.37mg
<b>Calcium</b>	9.50mg	<b>Iron</b>	0.20mg

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# HPS Hamburger



<b>Servings:</b>	100.00	<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-23455
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD HAMB 2900CT 5GAL	50 Ounce	2 Slices of Pickle	149209
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each		661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon		100129
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		318.33	
<b>Fat</b>		13.50g	
<b>SaturatedFat</b>		4.80g	
<b>Trans Fat</b>		0.80g	
<b>Cholesterol</b>		49.00mg	
<b>Sodium</b>		662.67mg	
<b>Carbohydrates</b>		29.33g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		6.67g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.00mg	<b>Iron</b>	2.00mg

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# HPS Kati-Kati Baked Chicken



<b>Servings:</b>	100.00	<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-23456
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SUGAR CANISTER 24-20Z GCHC	1/2 Cup		449237
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
SPICE ALLSPICE GRND 16Z TRDE	1/4 Cup		513601
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SALT IODIZED 25 CARG	3 Tablespoon		108286
SPICE PEPR RED CRUSHED 12Z TRDE	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SPICE TURMERIC GRND 15Z TRDE	2 Tablespoon		514187
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
OIL CANOLA 9-48FLZ P/L	3/4 Cup		330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece		786520

Description	Measurement	Prep Instructions	DistPart #
PARSLEY CALIF CLND 4-1 RSS	2 Ounce		272396

## Preparation Instructions

### Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

### Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.

5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	155.19	
<b>Fat</b>	8.05g	
<b>SaturatedFat</b>	2.00g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	65.00mg	
<b>Sodium</b>	622.45mg	
<b>Carbohydrates</b>	1.96g	
<b>Fiber</b>	0.14g	
<b>Sugar</b>	0.96g	
<b>Protein</b>	18.05g	
<b>Vitamin A</b>	158.45IU	<b>Vitamin C</b> 0.07mg
<b>Calcium</b>	2.36mg	<b>Iron</b> 1.15mg

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



# HPS Vegetable Chili



<b>Servings:</b>	100.00	<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-23457
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup		107662
ONION DCD 1/2 2-5 RSS	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2 2-3 RSS	3 3/4 Cup		283959
SPICE CHILI POWDER HOT 17Z TRDE	1 1/2 Cup		224707
SPICE CUMIN GRND 5 TRDE	1/2 Cup		777072
SPICE GARLIC GRANULATED 24Z TRDE	2 2/3 Tablespoon		513881
SPICE ONION POWDER 19Z TRDE	1 1/3 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT 6-10 GCHC	27 1/2 Cup		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN FF NAT 6-32Z YOPL	2 Quart	READY_TO_EAT Ready to eat	705850
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	12 1/4 Cup		12291968KD

## Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: Serving Information:

4: ¾ cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.28
<b>OtherVeg</b>	0.11
<b>Legumes</b>	0.28

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>			195.05
<b>Fat</b>			5.50g
<b>SaturatedFat</b>			3.06g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			15.00mg
<b>Sodium</b>			418.69mg
<b>Carbohydrates</b>			27.81g
<b>Fiber</b>			7.53g
<b>Sugar</b>			7.49g
<b>Protein</b>			10.71g
<b>Vitamin A</b>	21.11IU	<b>Vitamin C</b>	4.78mg
<b>Calcium</b>	169.02mg	<b>Iron</b>	2.56mg

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# HPS Vegetable Sticks



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23458
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637
CUCUMBER SELECT 24CT MRKN	25 Cup		418439
CELERY STIX 4-3 RSS	3 1/2 Pound		781592

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.62
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	27.09
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	104.85mg
<b>Carbohydrates</b>	5.86g

<b>Fiber</b>	2.98g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	1.20g		
<b>Vitamin A</b>	4026.19IU	<b>Vitamin C</b>	1.83mg
<b>Calcium</b>	53.89mg	<b>Iron</b>	0.11mg

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



# HPS Sauteed Spinach and Tomatoes



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23459
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup		907713
GINGER FRSH 5 P/L	1/2 Cup		552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon		430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	6 1/2 Quart		329401
TOMATO PASTE 26 6-10 GCHC	3 1/2 Cup		100196
SALT IODIZED 25 CARG	2 Tablespoon		108286
ONION DCD IQF 6-4 GCHC	12 Cup		261521

## Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	28.56		
<b>Fat</b>	1.34g		
<b>SaturatedFat</b>	0.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	167.60mg		
<b>Carbohydrates</b>	3.93g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	2.02g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	330.05IU	<b>Vitamin C</b>	14.21mg
<b>Calcium</b>	13.82mg	<b>Iron</b>	0.59mg

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

# HPS Jollof Rice



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23460
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
ONION DCD 1/2 2-5 RSS	2 1/4 Pound		426059
SPICE GINGER GRND 16Z TRDE	1 1/3 Tablespoon		513695
GARLIC MINCED IN WTR 12-32Z	1/4 Cup		907713
PEPPERS RED DCD 3/8 2-3 RSS	1 1/4 Quart		581992
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	3 7/8 Cup	READY_TO_EAT None	501031
SAUCE TOMATO MW 6-10 GCHC	3 5/8 Cup		306347
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088
SPICE PAPRIKA 16Z TRDE	1/2 Teaspoon		518331
SPICE CURRY POWDER 17Z TRDE	1/4 Cup		224804

Description	Measurement	Prep Instructions	DistPart #
BASE VEG LO SOD 12-1 KNOR	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686
RICE BRN PARBL WGRAIN 25 GCHC	7 1/2 Pound	<b>BOIL</b> 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.	516371
PEAS & CARROT 12-2.5 GCHC	2 2/5 Quart		119458
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550

## Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

### 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>	0.16
<b>OtherVeg</b>	0.21
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	359.71
<b>Fat</b>	3.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.37mg
<b>Carbohydrates</b>	76.58g
<b>Fiber</b>	2.75g
<b>Sugar</b>	1.91g
<b>Protein</b>	8.59g

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<b>Vitamin A</b>	206.62IU	<b>Vitamin C</b>	11.75mg
<b>Calcium</b>	17.53mg	<b>Iron</b>	2.20mg

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

# HPS Cornbread



<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23461
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 2/3 Quart	<b>BAKE</b> Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL 25 GCHC	2 Cup		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED 25 CARG	1 Tablespoon		108286
EGG WHL LIQ 6-5 GCHC	1 1/3 Cup		284122
MILK PWD INST FF 50 MMPA	1 3/4 Quart		113336
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup		581992
CORN WHL KERNEL R/SOD 6-10 P/L	2 1/2 Cup		222011

# Preparation Instructions

## Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

Remove from oven. Cool for 10 minutes.

## Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

## Notes:

1: \*See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

## 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: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	118.39		
<b>Fat</b>	0.98g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.74mg		
<b>Sodium</b>	315.48mg		
<b>Carbohydrates</b>	22.21g		
<b>Fiber</b>	1.57g		
<b>Sugar</b>	8.85g		
<b>Protein</b>	5.35g		
<b>Vitamin A</b>	121.84IU	<b>Vitamin C</b>	7.55mg
<b>Calcium</b>	142.16mg	<b>Iron</b>	0.81mg

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

# HPS Gingerbread



<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23462
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD 50	1 13/16 Pound		683491
BAKING SODA 36Z GCHC	2 2/3 Tablespoon		513849
SPICE GINGER GRND 16Z TRDE	3/8 Cup		513695
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE CLOVES GRND 16Z TRDE	2 Teaspoon		224774
MARGARINE SLD 30-1 GCHC	1 1/3 Cup		733061
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
MOLASSES 4-1GAL P/L	1 1/3 Quart		234303
Tap Water for Recipes	1 1/3 Quart	UNPREPARED	000001WTR
EGG WHL LIQ 6-5 GCHC	2 2/3 Cup		284122

## Preparation Instructions



**Directions:**

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

**Notes:**

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

**Meal Components (SLE)**

Amount Per Serving

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

**Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	163.06		
<b>Fat</b>	3.31g		
<b>SaturatedFat</b>	1.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.21mg		
<b>Sodium</b>	205.47mg		
<b>Carbohydrates</b>	30.58g		
<b>Fiber</b>	1.16g		
<b>Sugar</b>	18.61g		
<b>Protein</b>	3.33g		
<b>Vitamin A</b>	159.60IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.78mg	<b>Iron</b>	1.75mg

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# Taco Walking MTG

NO IMAGE

<b>Servings:</b>	100.00	<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-24703

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT None	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 5/9 Gallon		242489

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated June 2019

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	278.70		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	488.90mg		
<b>Carbohydrates</b>	25.24g		
<b>Fiber</b>	3.25g		
<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>	164.00mg	<b>Iron</b>	2.05mg

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

# Choice of Juice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25285
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

## 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 Serving

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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

# Deluxe Cheeseburger

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25286
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	345.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	505.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 168.50mg	<b>Iron</b> 2.80mg

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

# Bowl Asian Mashed Potato MTG

NO IMAGE

<b>Servings:</b>	100.00	<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-25851
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 7/10 Ounce	<b>BAKE</b> Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
PEPPERS RED DCD 3/8 2-3 RSS	1 5/9 Gallon		581992
BROCCOLI 16-1# MKTDAY	3 1/4 Gallon		613180
Mashed potaatoes	200 1/2 Cup	<b>HEAT_AND_SERVE</b> Pour 2 gallons of boiling in mixing bowl. hand Mix; Add potatoes, stir constantly with whisk. Let stand for 1 min ready to serve. Add more water for thinner potatoes and more potatoes for thicker. No salt product, season to taste	066159

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	159.75
<b>Fat</b>	8.06g
<b>SaturatedFat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.06mg
<b>Sodium</b>	421.43mg
<b>Carbohydrates</b>	8.51g
<b>Fiber</b>	1.40g
<b>Sugar</b>	5.50g
<b>Protein</b>	12.32g
<b>Vitamin A</b> 998.34IU	<b>Vitamin C</b> 58.05mg
<b>Calcium</b> 23.09mg	<b>Iron</b> 1.96mg

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



# Side Salad

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25857
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	100 Cup		305812
TOMATO 6X6 LRG 10 MRKN	25 Cup		199001
CUCUMBER SELECT SUPER 45 MRKN	25 Cup		198587

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	20.05
<b>Fat</b>	0.13g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.50mg
<b>Carbohydrates</b>	4.25g
<b>Fiber</b>	1.63g
<b>Sugar</b>	2.50g
<b>Protein</b>	1.48g

<b>Vitamin A</b>	388.50IU	<b>Vitamin C</b>	6.53mg
<b>Calcium</b>	22.58mg	<b>Iron</b>	0.52mg

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# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	100.00	<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-26189
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	100 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE ALFREDO FZ 6-5 JTM	183 Ounce		155661
PASTA PENNE RIGATE 100 WHLWHE 2-5	50 Cup		654571

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00

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

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	300.00
<b>Fat</b>	8.25g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	79.00mg
<b>Sodium</b>	694.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	31.50g

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<b>Vitamin A</b>	221.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	213.00mg	<b>Iron</b>	2.00mg

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# Eggs Scrambled USDA

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26954
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	100 Each		206539
MILK PWD FF INST 6-5 P/L	6 1/2 Ounce		311065
Cold Water	2 Quart		0000

## Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	85.76		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	185.98mg		
<b>Sodium</b>	94.62mg		
<b>Carbohydrates</b>	2.36g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.36g		
<b>Protein</b>	7.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	87.12mg	<b>Iron</b>	0.92mg

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# Choice of Juice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27011
<b>School:</b>	Bellaire Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

## 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 Serving

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg

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# zeeland yp



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27414
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420

## Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360



Start by placing 1/2 cup of Yogurt in the bottom of the cup  
 1/2 cup fruit (either blueberry or strawberry) on top of the yogurt  
 Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)  
 You will measure 3/4 cup of granola into the insert and place it on top of the berries  
 Finish with placing a dome lid on top  
 label and keep in the cooler at 41 or below until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.97
<b>Grain</b>	1.75
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	872.76		
<b>Fat</b>	16.49g		
<b>SaturatedFat</b>	2.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	526.81mg		
<b>Carbohydrates</b>	166.04g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	96.67g		
<b>Protein</b>	21.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	537.31mg	<b>Iron</b>	2.70mg

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# Pizza Sauce - copy plymouth

NO IMAGE

<b>Servings:</b>	40.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27539
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE 6-10 COMM	3 Cup		150580
TOMATO DCD I/JCE CALIF 6-10 GCHC	3 #10 CAN	HEAT_AND_SERVE Drain, heat and serve, add to recipes like chili	100366
SPICE OREGANO WHL 24Z TRDE	2 Tablespoon		518351
SPICE BASIL LEAF 5.5Z TRDE	1/4 Cup		513628
SPICE ONION POWDER 19Z TRDE	2 Teaspoon		126993
SPICE PARSLEY FLAKES 11Z TRDE	3 Tablespoon		513989
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857

## Preparation Instructions

Combine all ingredients and use immersion blender to puree until smooth.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 40.00  
 Serving Size: 8.00 Fluid Ounce

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**Amount Per Serving**

<b>Calories</b>	17.78
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	39.96mg
<b>Carbohydrates</b>	4.10g
<b>Fiber</b>	0.74g
<b>Sugar</b>	2.63g
<b>Protein</b>	0.68g

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<b>Vitamin A</b>	39.54IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	3.41mg	<b>Iron</b>	0.10mg

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# WalkingTaco

NO IMAGE

<b>Servings:</b>	100.00	<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-27664
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT None	452841

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of

chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	276.20
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	487.65mg
<b>Carbohydrates</b>	24.74g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.75g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.50mg	<b>Iron</b> 2.05mg

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

# TEST ZEELAND Breakfast Sandwich: Sausage Egg and Cheese on Bagel



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27668
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

## Preparation Instructions

Cook Sausage as directed until internal temperature reaches 168 degrees

Open bagel up and place on the work surface

Place one Egg patty on the bottom part of the bagel

Take one slice of American Cheese and put on top of the Egg patty

Add one Sausage patty to the slice of cheese

Place the top of bagel on the sandwich

Wrap in a paper wrapper and keep in warmer at 140 degrees or higher until ready to serve

### 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 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		305.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		3.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		127.50mg	
<b>Sodium</b>		760.00mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		19.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	174.00mg	<b>Iron</b>	2.16mg

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# Graves Tasty Tidbits

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27706
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each		753881
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

LunchBox- 344612

### Meal Components (SLE)

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	431.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	572.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 436.00mg	<b>Iron</b> 0.60mg

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# Graves Salsa

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27707
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	4 Ounce	READY_TO_EAT None	452841

## Preparation Instructions

Ready to eat.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	277.33mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	2.67mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Plymouth Beef Taco Meat

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27730
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	20 Pound		110520
ONION YELLOW WHL PLD 30 RSS	6 Pound	peeled and diced	438261
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE GARLIC POWDER 6 TRDE	2 Tablespoon		513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Tablespoon		225061
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 5 TRDE	1/2 Cup		777072
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE PEPR RED CRUSHED 12Z TRDE	2 1/4 Teaspoon		430196
SPICE OREGANO WHL 24Z TRDE	1 Teaspoon		518351
Cold Water	3 Quart		0000
TOMATO PASTE 6-10 COMM	1 #10 CAN		150580

## Preparation Instructions

1. Brown raw ground beef in tilt skillet until evenly browned and temperature is at least 155 degrees. CCP
  2. Drain excess fat
  3. Add all remaining ingredients and stir well to combine. Heat mixture to 165 degrees for 15 seconds CCP, and then turn down to simmer.
  4. Simmer 25-30 minutes before service.
  5. CCP Hold hot for service at 135 Degrees or higher.
- Serve taco meat with at blue disher providing 2.85 ounces weight of meat. 2.85 ounces = 1.75 meat / meat alternate

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 2.85 Ounce

#### Amount Per Serving

<b>Calories</b>	195.83		
<b>Fat</b>	11.98g		
<b>SaturatedFat</b>	3.98g		
<b>Trans Fat</b>	1.99g		
<b>Cholesterol</b>	51.74mg		
<b>Sodium</b>	138.20mg		
<b>Carbohydrates</b>	7.58g		
<b>Fiber</b>	1.39g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	15.07g		
<b>Vitamin A</b>	132.61IU	<b>Vitamin C</b>	1.74mg
<b>Calcium</b>	6.19mg	<b>Iron</b>	0.38mg

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

# Grilled Chicken Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<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-27790
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 40-4Z TYS	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 350°F. Place product on baking sheet, bake for 12-14 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place product on baking sheet, bake for 9-11 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	147780
4" Wg Rich Hamburger Bun	100 bun	<b>BAKE</b> Toast if desired	3474
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice		189071

## 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: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	315.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	1015.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	26.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	104.50mg	<b>Iron</b>	8.00mg

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# Breakfast Tornado

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27865
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each		740072

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place Tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Bake in the Convection Oven @ 325 degrees F for 12 minutes.

Bag Tornados after baking for service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding



CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Popcorn Chicken Smackers

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27866
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

BAKE

FROM FROZEN STATE IN CONVECTION OVEN FOR 6-8 MINUTES AT 350F. PLACE IN DESIGNATED SERVING CONTAINER, OR PLACE IN WARMING OVEN UNTIL SERVICE.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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# Grilled Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27867
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Each		722360
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Each	Thaw 2-3 days prior to use.	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Butter Spray the sheet pan before laying the first piece of bread on it.

Place 1 slice bread on pan, place 4 slices of cheese on bread, then cover with another slice of bread and spray generously with buttermist. Bake for 5-8 minutes until golden brown. Serve from the tray.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

### 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 Sandwich

#### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1070.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.00mg

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# Seasoned Green Beans

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27868
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	0/1 #10 CAN		118737
BACON CRUMBLES CKD 12-1 GCHC	0/1 Tablespoon	THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SEASONING GARDEN NO SALT 19Z TRDE	0/1 Tablespoon		565148
SEASONING GARLIC PEPR 21Z TRDE	0/1 Tablespoon		655252

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Drain the liquid from 3 of the 4 cans of beans and place in a full size steam table pan. Mix the remaining ingredients in with the beans, stir and place pans in the combi oven. Steam the beans until internal temperature reaches 165 degrees for 15 seconds. Place in holding cabinet until service. Using a 4oz slotted spoodle serve a 4 oz portion on the tray.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

### 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>	0.52
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.14
<b>Fat</b>	0.02g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.05mg
<b>Sodium</b>	162.75mg
<b>Carbohydrates</b>	4.38g
<b>Fiber</b>	2.07g
<b>Sugar</b>	2.07g
<b>Protein</b>	1.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.04mg	<b>Iron</b> 0.41mg

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# Roll Sister Schubert

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27869
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each	Can be used from frozen or thawed state.	494385

## Preparation Instructions

Lay rolls out on a baking paper lined sheet pan. Lightly spray the tops of the rolls with butter spray. Bake in convection oven at 350 degrees for 5 - 10 minutes.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving



DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.40mg

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# Pancake on a Stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27870
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	THAW UNDER REFRIGERATION. DO NOT THAW AT ROOM TEMPERATURE. DEEP FRYING NOT RECOMMENDED.	497202

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PLACE EACH PANCAKE ON A STICK IN THE PERFORATED HEAT BAG RUN THE STICK WITH THE BAG TWISTED AROUND THE STICK THROUGH THE SEALER USING THE HEAT TAPE NOT THE BLUE TAPE. PLACE EACH INDIVIDUAL PANCAKE ON A STICK ON THE SHEET PAN. USING THE PRODUCTION RECORD TO CONFIRM THE NUMBER TO BE PREPARED. PREFERRED METHOD FOR COOKING IS THAWED IN A CONVECTION OVEN: 350 DEGREES F. IF FROZEN, 20 MINUTES. THAWED FOR 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg

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# Pepperoni Pizza

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27871
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each		152111

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place 16 frozen pizzas in a 18" x 26" x 1 on paper lined sheet pan.

CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. Rotate pans one half turn to prevent cheese from burning.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 222.00mg	<b>Iron</b> 2.50mg

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

# Golden Corn

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27872
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	2 packs for 30 lbs of corn	209810
CORN CUT IQF 30 GCHC	30 Pound		285620

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place corn in a steam table pan. stir in the butter buds. Steam until tender, do not overcook. Upon removing from the combi. Take temperature of the middle section of the corn to ensure proper temperature has been reached. Place in a holding cabinet until service. 30 # of corn plus 2 pack of butterbuds is 120 servings.

Remove from oven and check the temperature & place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.67

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	17.77		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.45mg		
<b>Carbohydrates</b>	3.82g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.83g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Carrot Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27873
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION. Measure 1/2 cup into the appropriate container. Refrigerate for service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		44.50	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		80.00mg	
<b>Carbohydrates</b>		10.68g	
<b>Fiber</b>		3.56g	
<b>Sugar</b>		5.36g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	21400.00IU	<b>Vitamin C</b>	7.80mg
<b>Calcium</b>	37.36mg	<b>Iron</b>	0.36mg

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# Sausage Biscuit (BIC)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27874
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each		785880
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each		685000

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash and sanitize table & dry table thoroughly. Line biscuit bottoms onto the table. Place sausage patty onto the biscuit bottoms, Then add the biscuit tops, using an assembly style process to enhance production. Place assembled breakfast sandwich into the heat bag, twist and fold the tail under the sandwich and place on the sheet pan for cooking. Place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: heat to minimum internal temperature 165° F for 15 seconds

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

If You Have Questions, Contact Your Management Team. Place chicken patty on the biscuit (DO NOT COOK) it is already cooked. Place assembled biscuits in the perforated heat bags. Twist and fold the tail under the biscuit and place on the sheet pan to be baked. Bake at 325 degrees until internal temp reaches 165 degrees.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	331.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	8.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.00mg		
<b>Sodium</b>	902.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.80mg

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# Beefy Nacho

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27875
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce		722330

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Meat Preparation: PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE, DO NOT OVERCOOK PRODUCT. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Serving Instructions:

Using a # 8 Scoop dish 4 oz of hot meat and put onto tray. May be served with tostitos chips or doritos chips.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	140.57		
<b>Fat</b>	6.18g		
<b>SaturatedFat</b>	2.27g		
<b>Trans Fat</b>	0.37g		
<b>Cholesterol</b>	44.16mg		
<b>Sodium</b>	368.33mg		
<b>Carbohydrates</b>	6.31g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	2.52g		
<b>Protein</b>	16.15g		
<b>Vitamin A</b>	813.88IU	<b>Vitamin C</b>	6.31mg
<b>Calcium</b>	51.74mg	<b>Iron</b>	2.52mg

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# PB&J Sandwich with String Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27876
<b>School:</b>	HPS Menu Planner Issues		

## 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

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS

AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.

Bag 1 sandwich and 1 cheese stick, seal and refrigerate for service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.00mg	<b>Iron</b> 1.00mg

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# Shredded Cheese



<b>Servings:</b>	40.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27877
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	2 oz serving in 2 oz portion cup with lid. 40 - 2oz servings per bag of cheese	150250

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pac.

If You Have Questions, Contact Your Management Team.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<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: 40.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	2.75		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.75mg		
<b>Sodium</b>	4.75mg		
<b>Carbohydrates</b>	0.03g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.98mg	<b>Iron</b>	0.00mg

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# Chicken Biscuit (BIC)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27878
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each		685000

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash and sanitize table & dry table thoroughly. Line biscuit bottoms onto the table. Place chicken patty onto the biscuit bottoms, Then add the biscuit tops, using an assembly style process to enhance production. Place assembled breakfast sandwich into the heat bag, twist and fold the tail under the sandwich and place on the sheet pan for cooking. Place in a holding cabinet until service

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: heat to minimum internal temperature 165° F for 15 seconds

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

If You Have Questions, Contact Your Management Team. Place chicken patty on the biscuit (DO NOT COOK) it is already cooked. Place assembled biscuits in the perforated heat bags. Twist and fold the tail under the biscuit and place on the sheet pan to be baked. Bake at 325 degrees until internal temp reaches 165 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	2.63
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</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>	305.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	945.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.80mg

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# Asian Chicken (Mandarin Orange)

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27879
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce		550512

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Product is fully cooked. Place a single layer of chicken on baking sheet. Heat at 400 F for 16-20 minutes or until golden brown and the internal temperature reaches 165 F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken, mix thoroughly to cover all chicken pieces just prior to serving using a # 8 spoodle.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	166.67		
<b>Fat</b>	3.33g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.44mg		
<b>Sodium</b>	311.11mg		
<b>Carbohydrates</b>	21.11g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.11g		
<b>Protein</b>	12.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

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# Yogurt Express

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27880
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
GRANOLA BAG IW 144-1Z FLDSTN	1 Package		649742
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
CHEESE CHED MLD CUBED R/F IW 200-1Z	1 Package		265022

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Bag all listed ingredients, along with a spoon and napkin. Serve as a unit.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	423.33
<b>Fat</b>	15.67g
<b>SaturatedFat</b>	5.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	53.67g
<b>Fiber</b>	3.33g
<b>Sugar</b>	15.00g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 477.33mg	<b>Iron</b> 1.68mg

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# Seasoned Broccoli

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27881
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	1/2 Cup		549292
SEASONING GARDEN NO SALT 19Z TRDE	1/12 Teaspoon	1/4 cup per 30 # box	565148

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place broccoli in a steam table pan. stir in the garden seasoning and stir thoroughly. Steam until tender, do not overcook. Upon removing from the combi. Take temperature of the middle section of the corn to ensure proper temperature has been reached. Place in a holding cabinet until service

Remove from combi oven and check the temperature & place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F



CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	27.60		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	22.00mg		
<b>Carbohydrates</b>	5.32g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# WG Vegetable Fried Rice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27882
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup	168 servings per case per manufacturer - Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.	676463

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately. Wash Hands, dry thoroughly & put on clean gloves.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.17
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.01

## Nutrition Facts

Servings Per Recipe: 1.00

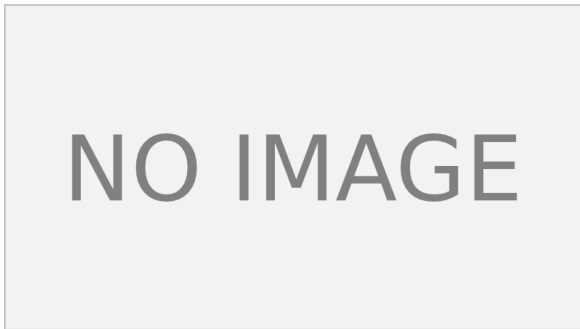
Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	23.73		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	37.29mg		
<b>Carbohydrates</b>	4.58g		
<b>Fiber</b>	0.34g		
<b>Sugar</b>	0.34g		
<b>Protein</b>	0.51g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.85mg	<b>Iron</b>	0.07mg

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# Pizza Bosco Sticks



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27883
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7 72CT	1 Each	PRODUCT NEEDS TO BE BAKED FROM A THAWED STATE. THAW OVER NIGHT IN A COOLER OR TRAY UP AND LET THAW AT ROOM TEMPERATURE FOR 30 MINUTES AND THEN BAKE.	518691

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

HEAT OVEN TO 350 DEGREES. PLACE BOSCO STICKS ON A PAN SPRAYED SHEET PAN. BAKE FOR 10 TO 12 MINUTES UNTIL GOLDEN BROWN. Hold in warming oven for service. DO NOT OVERCOOK, the cheese will melt out leaving the bosco stick hollow.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	132.00mg	<b>Iron</b>	2.00mg

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# Cafe Burger w/ Cheese



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27884
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	Place patties Vertically in a perforated steam table pan. Steam until appropriate temperature is reached.	661851

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash, rinse, sanitize and dry the work table to be used for assembly. This should be a 2 person task.

The sandwich assembly process will maximize production of the sandwiches, ensuring a quality product is produced.

Lay out bun bottoms, making space in the middle of the work area to place the pan of hamburger patties, laying buns out on both sides of the hamburger patty pan. With one person on each side of the pan, each person will place a patty on each bun bottom as quickly as possible using both hands. You will then top the patties with a slice of cheese and then the top bun, and wrap. Placing sandwiches in a steam table pan with a pan grate in it to keep the sandwiches off the bottom of the pan. Place pans in the warming cabinet until service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## 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 Sandwich

### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.05g		
<b>Trans Fat</b>	0.80g		
<b>Cholesterol</b>	56.50mg		
<b>Sodium</b>	576.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.00mg	<b>Iron</b>	2.00mg

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# Curly Fries



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27885
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-17Z KE	1 Ounce		112828
FRIES SPIRAL SEAS CRSPY OVEN 6-4	1 Cup		717490

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN FRIES IN A SINGLE LAYER ON THE COMBI FRY RACKS OR IN A SINGLE LAYER ON A LINED SHEET PAN. BAKE FOR 18 TO 22 MINUTES. PORTION 1 CUP INTO THE DESIGNATED BOATS FOR SERVICE.

Remove from oven and check for an appropriate internal temperature, place in a holding cabinet until service

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F



CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	335.68		
<b>Fat</b>	13.12g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	781.40mg		
<b>Carbohydrates</b>	55.81g		
<b>Fiber</b>	3.72g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.21mg	<b>Iron</b>	0.74mg

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# Baked Beans

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27886
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	3 #10 CAN		118826
ONION DCD IQF 6-4 GCHC	8 Ounce		261521
SPICE MUSTARD GRND 14Z TRDE	2 Teaspoon		224928
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
KETCHUP LO SOD 2-1.5GAL REDG	2 Cup		645922

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Line the steamtable pans with pan liners. Drain 2 of the three cans of beans, stir in remaining ingredients until the sugar melts and all items are incorporated. Bake at 350 degrees for 45 minutes. Take internal temperature to ensure proper temperature is reached. Use a #8 Scoop.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## 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>	0.02
<b>Legumes</b>	0.78
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	217.71		
<b>Fat</b>	1.55g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	621.91mg		
<b>Carbohydrates</b>	42.18g		
<b>Fiber</b>	7.79g		
<b>Sugar</b>	14.15g		
<b>Protein</b>	10.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	77.60mg	<b>Iron</b>	3.10mg

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# Dill Pickle Slices



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27887
<b>School:</b>	HPS Menu Planner Issues		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD HAMB 4-1GAL GCHC	8 Each		149195

## Preparation Instructions

Preparation Instructions:

Wash Hands, dry thoroughly & put on clean gloves.

Drain Pickles in colander, measure 8 slices into each designated container for serving.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Turkey n cheese bagel sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28245
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	pull out night before to thaw	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1		203355

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	257.58
<b>Fat</b>	4.18g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	58.11mg
<b>Sodium</b>	318.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	26.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.35mg	<b>Iron</b> 2.69mg

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# Turkey & Cheese Bagel

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28350
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	Pull out night before to thaw	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1		203355

## Preparation Instructions

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)



### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		257.58	
<b>Fat</b>		4.18g	
<b>SaturatedFat</b>		1.25g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		58.11mg	
<b>Sodium</b>		318.00mg	
<b>Carbohydrates</b>		30.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		26.63g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.35mg	<b>Iron</b>	2.69mg

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

# Turkey & Cheese Bagel Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28679
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1 Each		203355

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		257.58	
<b>Fat</b>		4.18g	
<b>SaturatedFat</b>		1.25g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		58.11mg	
<b>Sodium</b>		318.00mg	
<b>Carbohydrates</b>		30.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		26.63g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.35mg	<b>Iron</b>	2.69mg

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

# Turkey & Cheese Bagel Sandwich



<b>Servings:</b>	250.00	<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-28867
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	250 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	32 1/2 Pound		211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	250 Slice		189071
DRESSING HNY MSTRD PKT 100-1FLZ	250 Each	READY_TO_EAT fully cooked	492932

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		307.58	
<b>Fat</b>		7.18g	
<b>SaturatedFat</b>		1.75g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		58.11mg	
<b>Sodium</b>		508.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		26.63g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.35mg	<b>Iron</b>	2.69mg

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

# Turkey & Cheese Bagel Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28925
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER 160CT SLCD R/F R/SOD 6- 5	1 Slice		189071
DRESSING HNY MSTRD PKT 100-1FLZ	1 Each	READY_TO_EAT fully cooked	492932

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		307.58	
<b>Fat</b>		7.18g	
<b>SaturatedFat</b>		1.75g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		58.11mg	
<b>Sodium</b>		508.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		26.63g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.35mg	<b>Iron</b>	2.69mg

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

# Turkey & Cheese Bagel Sandwich

NO IMAGE

<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-29162
<b>School:</b>	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	200 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	26 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	202 Slice		271411
DRESSING HNY MSTRD PKT 100-1FLZ	200 Each	READY_TO_EAT fully cooked	492932

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable



Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.51
<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: 200.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	328.13
<b>Fat</b>	9.22g
<b>SaturatedFat</b>	3.03g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	63.24mg
<b>Sodium</b>	599.95mg
<b>Carbohydrates</b>	35.51g
<b>Fiber</b>	4.20g
<b>Sugar</b>	11.51g
<b>Protein</b>	25.65g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.17mg	<b>Iron</b> 2.69mg

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

# turkey



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29487
<b>School:</b>	HPS Webinar School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice		271411
DRESSING HNY MSTRD PKT 100-1FLZ	1 Each	READY_TO_EAT fully cooked	492932

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.51
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

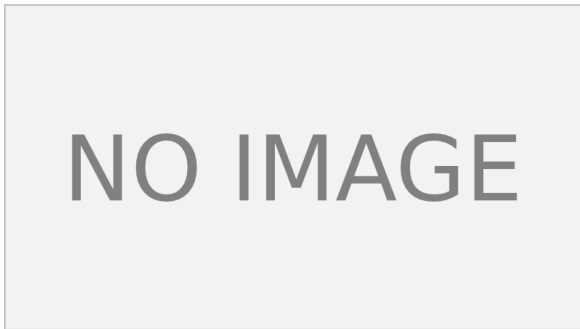
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		328.13	
<b>Fat</b>		9.22g	
<b>SaturatedFat</b>		3.03g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		63.24mg	
<b>Sodium</b>		599.95mg	
<b>Carbohydrates</b>		35.51g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		11.51g	
<b>Protein</b>		25.65g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	132.17mg	<b>Iron</b>	2.69mg

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

# Deluxe Cheese burger kd



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30004
<b>School:</b>	IRONWOOD AREA SCHOOLS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WW Hamburger Bun	1 1		0004591
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	405.00
<b>Fat</b>	20.50g
<b>SaturatedFat</b>	8.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	355.00mg
<b>Carbohydrates</b>	28.00g

<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.50mg	<b>Iron</b>	3.10mg

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