

Cookbook for Owsley County Elementary School

Created by HPS Menu Planner

Table of Contents

Fries Sweet Potato Crinkle MTG

Cavatini Cowboy MTG

Scoops Fiesta MTG

Taco Walking MTG

Rolls Mini Cinnamon MTG

WGrain Mini Strawberry WGrain MTG

Ravioli w/Sauce MTG

Sandwich Cheesy Bean Twister WGrain MTG

Bowl Asian Mashed Potato MTG

Fajita Turkey Honey Lime MTG

Sandwich Bagel Turkey & Chs MTG

Fruit & Cheese Kabob MTG

Salad Cucumber Creamy MTG

Salad Mixed Green MTG

Salad Spinach Side MTG

Sandwich Turkey Burger MTG

Beans Baked MTG

Beans Green Sesame MTG

Cauliflower Parslied MTG

Taco Bowl

Avocado Tomato and Cucumber Arugula Salad

Cheesy Egg Omelet

Salad with Egg Box

Side Salad

Chicken Biscuit

Breakfast Pizza

Breakfast Burrito

Sausage Biscuit

Twisted Bread Stick

Hot Dog

Mini Burgers

BBQ Rib Sandwich

Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	168.53		
Fat	6.32g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	252.80mg		
Carbohydrates	25.28g		
Fiber	1.05g		
Sugar	7.37g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	31.60mg	Iron	0.53mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cavatini Cowboy MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20 3-10 GCHC	17 Pound		158704
SAUCE TOMATO MW 6-10 GCHC	2 1/2 Gallon		306347
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	4 3/4 Cup		421812

Preparation Instructions

Wash Hands.

1. Brown beef and drain.

CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

4. Sprinkle with mozzarella cheese.

5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

6. Serve hot with 6z Spoodle

CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

Updated January 2016

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.80
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	245.35		
Fat	16.11g		
SaturatedFat	6.79g		
Trans Fat	1.02g		
Cholesterol	54.80mg		
Sodium	573.53mg		
Carbohydrates	6.78g		
Fiber	1.62g		
Sugar	3.21g		
Protein	17.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.67mg	Iron	1.87mg

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Scoops Fiesta MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GCHC	11 1/4 Pound		776548
BEAN PINTO 6-10 GCHC	1 3/5 Gallon		261475
BEAN KIDNY RD DK LO SOD 6-10 P/L	1 3/5 Gallon		598002
CARROT JUMBO 10 P/L	25 Cup		592293
TOMATO ROMA DCD 3/8 2-5 RSS	1 3/5 Ounce		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 3/5 Gallon		451730
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043

Preparation Instructions

Wash Hands

Wash all fresh, unpackaged produce under running water. Drain well.

1. Mix together meat, beans, carrots and tomatoes.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

2. Pour contents of an .875 oz. bag of Baked Tostitos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

side and spoon in chili mixture and add toppings.

1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

Updated March 2012

Meal Components (SLE)

Amount Per Serving

Meat	1.80
Grain	1.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.26
OtherVeg	0.00
Legumes	0.51
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	351.31
Fat	11.36g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	21.00mg
Sodium	509.46mg
Carbohydrates	44.42g
Fiber	9.33g
Sugar	3.69g
Protein	17.02g
Vitamin A 6642.87IU	Vitamin C 1.41mg
Calcium 165.98mg	Iron 3.13mg

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Taco Walking MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Ounce		242489

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86		
Fat	11.75g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	440.23mg		
Carbohydrates	24.52g		
Fiber	3.02g		
Sugar	1.76g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.41mg	Iron	2.05mg

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Rolls Mini Cinnamon MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	100 Package		894291

Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

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

4. Serve.

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

Serving: 1 each provides 2 oz eq grains

Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		240.00	
Fat		7.00g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		270.00mg	
Carbohydrates		40.00g	
Fiber		3.00g	
Sugar		14.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

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WGrain Mini Strawberry WGrain MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package		269230

Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

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

4. Serve.

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

Serving: 1 pouch provides 2 oz eq grains

Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Ravioli w/Sauce MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.	553982
SAUCE SPAGHETTI NO SALT 6-106Z PREGO	1 1/2 Gallon		416096

Preparation Instructions

WASH HANDS.

1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	218.40
Fat	4.94g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	459.20mg
Carbohydrates	28.28g
Fiber	3.44g
Sugar	5.84g
Protein	14.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.20mg	Iron 2.29mg

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Sandwich Cheesy Bean Twister WGrain MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	100 Each		696831
BEAN REFRD 6-10 P/L	3 1/4 Gallon		293962
TOMATO DCD I/JCE MW 6-10 GCHC	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE 4-5 GCHC	5 Cup		191043

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.08
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		330.40	
Fat		6.88g	
SaturatedFat		1.52g	
Trans Fat		0.00g	
Cholesterol		6.00mg	
Sodium		836.84mg	
Carbohydrates		52.68g	
Fiber		9.75g	
Sugar		3.58g	
Protein		14.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	177.24mg	Iron	3.70mg

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Bowl Asian Mashed Potato MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED FRSH 4-6 GFS	200 1/2 Cup		578754
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 Each		770817
PEPPERS RED DCD 3/8 2-3 RSS	300 Ounce		581992
BROCCOLI FLORET 100-2Z MI LOCAL	3 1/4 Gallon		699673

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	264.00
Fat	8.60g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	428.40mg
Carbohydrates	36.00g
Fiber	5.80g
Sugar	22.00g
Protein	15.60g
Vitamin A 11999.28IU	Vitamin C 697.68mg
Calcium 56.72mg	Iron 3.66mg

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Fajita Turkey Honey Lime MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST 2-8AVG BRICK	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 Cup		292702
HONEY CLOVER 4-6 GCHC	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD 16Z TRDE	1 1/3 Tablespoon		331473
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
ONION SPANISH COLOSS 50 MRKN	20 Ounce		198706
PEPPERS GREEN LRG 5 MRKN	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

Preparation Instructions

WASH HANDS.

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

1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
2. Place turkey strips into steam table pan.
3. Add oil, honey, lime juice, chili powder, & garlic powder.
4. Mix well to combine.
5. Cover & marinate in the refrigerator for 2-3 hours.
6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake,

uncovered, in 325°F convection oven for 25-30 minutes.

CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

8. Warm tortillas in a warmer or steamer.

9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.83		
Fat	8.01g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.23mg		
Carbohydrates	34.05g		
Fiber	4.23g		
Sugar	5.26g		
Protein	20.63g		
Vitamin A	27.68IU	Vitamin C	6.70mg
Calcium	50.05mg	Iron	2.58mg

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

Sandwich Bagel Turkey & Chs MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	100 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	20 Cup	1 leaf of lettuce (5 Heads of Lettuce)	702595
TOMATO RANDOM 2 25 MRKN	20 Each	1 thin slice of tomato	508616

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		281.96	
Fat		6.23g	
SaturatedFat		2.52g	
Trans Fat		0.06g	
Cholesterol		61.17mg	
Sodium		410.55mg	
Carbohydrates		31.10g	
Fiber		4.54g	
Sugar		6.50g	
Protein		25.39g	
Vitamin A	833.04IU	Vitamin C	5.59mg
Calcium	137.20mg	Iron	2.81mg

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Fruit & Cheese Kabob MTG

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1 3/4 Gallon		212768
GRAPE RED SDLSS 5 MRKN	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE 12-15CT P/L	25 Cup		200565
CHEESE COLBY JK CUBED 6-1 GCHC	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).
2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.
3. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.02
Grain	0.00

Fruit	0.28
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	46.07
Fat	0.30g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	9.59mg
Carbohydrates	11.65g
Fiber	0.79g
Sugar	10.45g
Protein	0.69g

Vitamin A	43.96IU	Vitamin C	132.39mg
Calcium	12.82mg	Iron	0.16mg

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

Salad Cucumber Creamy MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	3 Quart		429406
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SPICE DILL WEED 5Z TRDE	1/2 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1/2 Cup		513997
SUGAR CANE GRANUL 25 GCHC	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.64
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	58.77		
Fat	1.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	19.19mg		
Sodium	96.61mg		
Carbohydrates	10.28g		
Fiber	0.19g		
Sugar	3.88g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	9.18mg	Iron	0.13mg

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

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.84

RedVeg	0.09
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	21.89
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.07mg
Carbohydrates	4.56g
Fiber	1.96g
Sugar	2.41g
Protein	1.91g

Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	30.91mg	Iron	0.69mg

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

Salad Spinach Side MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon		560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	+/- 10 lbs	592323

Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)	
Amount Per Serving	
Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.50
RedVeg	0.09
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.09
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.07mg
Carbohydrates	2.20g
Fiber	1.28g
Sugar	0.73g
Protein	1.23g

Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	34.03mg	Iron	1.09mg

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

Sandwich Turkey Burger MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each		897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20

OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	296.58
Fat	11.58g
SaturatedFat	3.02g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	421.85mg
Carbohydrates	29.42g
Fiber	4.45g
Sugar	6.01g
Protein	19.32g
Vitamin A 399.88IU	Vitamin C 4.93mg
Calcium 63.70mg	Iron 2.10mg

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

Beans Baked MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.17
Legumes	0.64
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	192.00
Fat	0.64g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	704.00mg
Carbohydrates	38.40g
Fiber	6.40g

Sugar	15.36g
Protein	8.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.00mg	Iron 2.43mg

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

Beans Green Sesame MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE 4-3LTR GCHC	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service.

They tend to overheat and turn grey after 1 hour

School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	13.42
Fat	0.42g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.98mg
Carbohydrates	2.40g
Fiber	0.90g
Sugar	1.20g
Protein	0.60g
Vitamin A 227.70IU	Vitamin C 4.03mg
Calcium 12.21mg	Iron 0.34mg

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

Cauliflower Parslied MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.50
Fat	1.32g
SaturatedFat	0.84g
Trans Fat	0.00g
Cholesterol	3.60mg
Sodium	4.50mg
Carbohydrates	1.50g
Fiber	0.90g
Sugar	0.30g
Protein	0.90g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

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

Taco Bowl

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1811
School:	HERITAGE INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Ounce		722330
RICE BRN PERFECTED 25 UBEN	50 Ounce	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
ONION DCD IQF 6-4 GCHC	4 Cup		261521
SPICE GARLIC GRANULATED 24Z TRDE	8 Teaspoon		513881
SPICE CHILI POWDER MILD 16Z TRDE	4 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	4 Teaspoon		273945
BEANS BLACK LO SOD 6-10 BUSH	25 Cup		231981
BEAN PINTO 6-10 GCHC	25 Cup		261475
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Pound		451730

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	50 Ounce		452841
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

Preparation Instructions

1. Prepare beef taco meat according to package
2. Prepare rice according to package.
3. In a large skillet or kettle saute onion, garlic, chili powder, and cumin in a small amount of oil until onion is tender. Once onion is tender add cooked rice and mix.
4. Remove beans from cans and place in servings pans
5. Set up line: Bowl, Rice, beef, and bean options
6. In a separate area set up lettuce, cheese, and salsa. Can pre-portion ahead of time if you want in 2oz souffle cups (especially the cheese, and salsa)

Student gets 1/2 cup rice

Student gets meat

Student gets their choice of beans: Pinto OR black

Meal Components (SLE)

Amount Per Serving

Meat	1.63
Grain	1.18
Fruit	0.00
GreenVeg	0.24
RedVeg	0.17
OtherVeg	0.08
Legumes	1.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	493.60	
Fat	11.43g	
SaturatedFat	6.57g	
Trans Fat	0.09g	
Cholesterol	41.04mg	
Sodium	652.65mg	
Carbohydrates	68.57g	
Fiber	11.24g	
Sugar	4.14g	
Protein	27.89g	
Vitamin A	203.47IU	Vitamin C 1.58mg
Calcium	344.86mg	Iron 5.23mg

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

Avocado Tomato and Cucumber Arugula Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
AVOCADO CHUNKY 8-2 MARKON	46 7/8 Cup		181581
CUCUMBER EUROPEAN 12CT P/L	206 1/4 Ounce		430365
TOMATO ROMA 1 MED/LRG/XL 25	56 1/4 Each		588460
ARUGULA 1-8Z SPECLTY	18 3/4 Cup		127834
Extra Virgin Olive Oil 12/16.9oz	37 1/2 Tablespoon		131221
LEMON JUICE 100 12-32FLZ GCHC	37 1/2 Teaspoon		311227
CHEESE FETA CRMBL 4-2.5 P/L	4 9/13 Cup		716685
SPICE KOSHER SEA SALT 6/2.2#	4 9/13 Teaspoon		379753
SPICE PEPPER SHAKER 48-1.5Z	4 9/13 Teaspoon		225201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		19.71	
Fat		0.96g	
SaturatedFat		0.52g	
Trans Fat		0.04g	
Cholesterol		3.75mg	
Sodium		14.96mg	
Carbohydrates		1.85g	
Fiber		0.29g	
Sugar		1.11g	
Protein		0.35g	
Vitamin A	69.34IU	Vitamin C	6.52mg
Calcium	8.05mg	Iron	0.12mg

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

Cheesy Egg Omelet

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	100 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN. Marketing Tips	240080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

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

Salad with Egg Box

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18647
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	200 Cup	Combine 2 Cups of Lettuce, 1/2 Egg, 2 pkgs of crackers, 2 pkgs croutons, 1/4 C of Cheese and 1 packet of ranch dressing in each salad box	451730
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each		229431
CRACKER WHE WHL 300-2CT WESTMINSTER	400 Package		198322
CROUTON CHS GARL WGRAIN 250-.5Z	200 Package		661022
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	100 Each		483621

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.88
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	478.00
Fat	21.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	976.00mg
Carbohydrates	52.50g
Fiber	5.00g
Sugar	7.50g
Protein	19.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	291.50mg	Iron	6.82mg

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

Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18648
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	100 Cup	Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.	451730
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup		150250
DRESSING RNCH LT LO SOD 200-12GM GCHC	100 Each		699981
TOMATO 6X7 MED 25 MRKN	5 Cup	Diced	315133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.20
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		63.62	
Fat		4.32g	
SaturatedFat		1.21g	
Trans Fat		0.00g	
Cholesterol		11.00mg	
Sodium		93.45mg	
Carbohydrates		4.55g	
Fiber		1.11g	
Sugar		2.25g	
Protein		2.48g	
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	64.70mg	Iron	0.02mg

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

Chicken Biscuit

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18650
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions. ----- Place 1 Chicken Patty on 1 Biscuit - Serve	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		285.00	
Fat		12.50g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		645.00mg	
Carbohydrates		31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

Breakfast Pizza

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		210.00	
Fat		7.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		350.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		5.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	1.90mg

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Breakfast Burrito

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18652
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	100 Each	CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN: 280 DEGREES F FOR 10-15 MINUTES.	497510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 500.00IU	Vitamin C 15.00mg

Calcium 100.00mg **Iron** 1.80mg

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Sausage Biscuit

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions. ----- Place 1 sausage on 1 biscuit and serve	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00
Fat	30.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	600.00mg
Carbohydrates	26.00g

Fiber	1.00g		
Sugar	2.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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Twisted Bread Stick

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18707
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	100 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convection oven to 375 degrees F and bake for 6-8 minutes. Grill for 2 minutes or until heated through.	644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	16.00mg	Iron	1.00mg
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Hot Dog

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19027
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Each	Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each		517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	715.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	4.00g

Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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Mini Burgers

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19028
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER TWIN IW 96-2CT ADV	100 Package	BAKE To thaw: for best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for 14 days. Convection oven: from thawed state:preheat oven to 275 degrees f. Heat sealed wrapped sandwich(es) for 18-20 minutes. (Do not heat above 275 degrees f).microwave: from thawed: microwave (1000 watts) on full power for 1 minute. Times may vary.	664962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	329.99
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	479.99mg
Carbohydrates	36.00g
Fiber	4.00g

Sugar	7.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 2.70mg

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BBQ Rib Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30643
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	100 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Bimbo Bakeries WG Hamburger Buns	100 1 bun	BAKE	78700- 80198 RI1

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 320.00

Fat 12.00g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 590.00mg

Carbohydrates 39.00g

Fiber 4.00g

Sugar 9.00g

Protein 19.00g

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

Calcium 60.00mg **Iron** 11.08mg

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