

# **Cookbook for LCHS**

**Created by HPS Menu Planner**

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# Tuna Salad Sandwich on Bread

NO IMAGE

<b>Servings:</b>	100.00	<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-6632
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT IN WTR 6-66.5Z KE	3 Gallon	1. Drain and flake Tuna. 2. Combine Tuna, Onions, Celery, Pickle Relish, Dry Mustard, Eggs, and Mayonnaise. Mix until well blended. 3. Cover and Refrigerate until ready to use. CCP: COOL TO 41 DEGREES OR LOWER WITHIN 4 HOURS. 4. Portion with No. 8 Scoop (1/2 Cup) on On One Slice of Bread. Top with Second Slice of Bread. Cut Each Sandwich Diagonally in Half. Cover. Refrigerate until Service.	240303
ONION DCD IQF 6-4 GCHC	2 Pound		261521
CELERY DCD 1/4 2-5 RSS	4 Pound		198196
RELISH SWT PICKLE 4-1GAL GCHC	2 Cup		517186
SPICE MUSTARD GRND 14Z TRDE	1 Tablespoon		224928
EGG HRD CKD DCD IQF 4-5 GCHC	4 Cup		192198
MAYONNAISE LT 4-1GAL GFS	11 Cup		429406
BREAD WGRAIN HNY WHT 16-24Z GCHC	200 Slice		204822

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	381.25		
<b>Fat</b>	4.83g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	133.87mg		
<b>Sodium</b>	593.21mg		
<b>Carbohydrates</b>	44.45g		
<b>Fiber</b>	4.12g		
<b>Sugar</b>	8.81g		
<b>Protein</b>	32.28g		
<b>Vitamin A</b>	22.27IU	<b>Vitamin C</b>	0.15mg
<b>Calcium</b>	71.65mg	<b>Iron</b>	3.64mg

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

# Tuna Salad on Croissant Roll



<b>Servings:</b>	100.00	<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-6633
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT IN WTR 6-66.5Z KE	3 Gallon	<ol style="list-style-type: none"> <li>1. Drain and flake Tuna.</li> <li>2. Combine Tuna, Onions, Celery, Pickle Relish, Dry Mustard, Eggs, and Mayonnaise. Mix until well blended.</li> <li>3. Cover and Refrigerate until ready to use. CCP: COOL TO 41 DEGREES OR LOWER WITHIN 4 HOURS.</li> <li>4. Portion with No. 8 Scoop (1/2 Cup) on On One Slice of Bread. Top with Second Slice of Bread. Cut Each Sandwich Diagonally in Half. Cover. Refrigerate until Service.</li> </ol>	240303
ONION DCD IQF 6-4 GCHC	2 Pound		261521
CELERY DCD 1/4 2-5 RSS	4 Pound		198196
RELISH SWT PICKLE 4-1GAL GCHC	2 Cup		517186
SPICE MUSTARD GRND 14Z TRDE	1 Tablespoon		224928
EGG HRD CKD DCD IQF 4-5 GCHC	8 Cup		192198
MAYONNAISE LT 4-1GAL GFS	11 Cup		429406

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	100 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.85
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	398.32		
<b>Fat</b>	11.90g		
<b>SaturatedFat</b>	3.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	178.33mg		
<b>Sodium</b>	626.01mg		
<b>Carbohydrates</b>	36.67g		
<b>Fiber</b>	2.12g		
<b>Sugar</b>	7.03g		
<b>Protein</b>	32.56g		
<b>Vitamin A</b>	22.27IU	<b>Vitamin C</b>	0.15mg
<b>Calcium</b>	36.99mg	<b>Iron</b>	3.35mg

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# Hot Ham & Cheese on Bun

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6638
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD SLCD 5 10/ 2-5 GFS	200 Slice		757845
CHEESE SLCD YEL 6-5 COMM	100 Slice		334450
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	READY_TO_EAT No baking necessary.	676151

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	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 sandwich

#### Amount Per Serving

<b>Calories</b>	245.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	1310.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.72mg

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# Baked Potato



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6640
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 90CT MRKN	100 Piece	<b>DIRECTIONS</b> 1. Wash potatoes and scrub with vegetable brush. 2. <b>Baking instructions:</b> <b>To Steam Potatoes:</b> Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes. <b>To Bake Potatoes:</b> Place on baking sheet pan and cover lightly with aluminum foil or lid and bake at 400 degrees F for 2 hours and 30 minutes. CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process. 3. Portion 1 potato with 1 packet of margarine per serving. Each portion provides ½ cup starchy vegetable. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.	233277

## 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>	1.00

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Piece

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**Amount Per Serving**

<b>Calories</b>	21.83
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.70mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	0.63g
<b>Sugar</b>	0.33g
<b>Protein</b>	0.57g

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<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	5.58mg
<b>Calcium</b>	3.40mg	<b>Iron</b>	0.22mg

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# Chef Salad



<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>	Lunch	<b>Recipe ID:</b>	R-6662
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	4 3/4 Pound	<p><b>DIRECTIONS</b></p> <p>1. Thaw Diced Eggs And Turkey Diced Ham under refrigeration .</p> <p>CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.</p> <p>2. Rinse cucumbers and tomatoes under cold running water and drain. Slice cucumbers 1/4 inch thick.</p> <p>3.</p> <p>If greens are not prewashed, wash and thoroughly drain them.</p> <p>Combine all greens and vegetables. Fill salad tray with 2 cups of mixed greens.</p> <p>4. Place 3 cherry tomatoes in top right corner of salad tray, and 2 ounces of Shredded Cheddar Cheese in Bottom Right corner.</p> <p>5. In center of mixed greens, add 2 ounces of diced turkey ham</p> <p>6. In left top corner, 1/4 cup Diced Eggs.</p> <p>7. In bottom left corner, place a 1 1/2 ounce packet of salad dressing.</p> <p>8. Portion 1 chef salad with 1 packet of dressing for 2 1/2 oz. eq. meat/meat alternate, 1/2 cup of dark green vegetable, 1/4 cup red/orange vegetable and 5/8 cup of other vegetable. Croutons may be served as a menu item, but are not included in the recipe or in the nutritional analysis.</p> <p>CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.</p> <p><b>Production Notes</b></p> <p>One half ounce of shredded cheese may be used instead of cheese strips</p>	735787
TOMATO GRAPE SWT 10 MRKN	8 3/8 Pound		129631

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 6CT MRKN	4 Pound		592323
TURKEY HAM DCD 2-5 JENNO	6 1/4 Pound		202150
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Pound		150250
EGG HRD CKD DCD IQF 4-5 GCHC	11 Pound		192198
CARROT MATCHSTICK SHRED 2-3 RSS	4 Pound		198161
BROCCOLI FLORET REG CUT 4-3 RSS	2 Pound		732478
CAULIFLOWER BITE SIZE 2-3 RSS	3 Pound		732486
CELERY DCD 1/4 2-5 RSS	3 1/4 Pound		198196
RADISH SLCD 1/8 2-3 RSS	1 Pound		212733
SPINACH BABY CLND 2-2 RSS	2 Pound		560545
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	100 Package		175400

## Preparation Instructions

### DIRECTIONS

1. Thaw Diced Eggs And Turkey Diced Ham under refrigeration .

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

2. Rinse cucumbers and tomatoes under cold running water and drain. Slice cucumbers ¼ inch thick.

3.

If greens are not prewashed, wash and thoroughly drain them.

Combine all greens and vegetables. Fill salad tray with 2 cups of mixed greens.

4. Place 3 cherry tomatoes in top right corner of salad tray, and 2 ounces of Shredded Cheddar Cheese in Bottom Right corner.

5. In center of mixed greens, add 2 ounces of diced turkey ham

6. In left top corner, ¼ cup Diced Eggs.

7. In bottom left corner, place a 1½ ounce packet of salad dressing.

8. Portion 1 chef salad with 1 packet of dressing for 2½ oz. eq. meat/meat alternate, ½ cup of dark green vegetable, ¼ cup red/orange vegetable and 5/8 cup of other vegetable.

Croutons may be served as a menu item, but are not included in the recipe or in the nutritional analysis.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Check temperature every 30 minutes.

Cover, label, and date any leftovers.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.77
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.17
<b>RedVeg</b>	0.35
<b>OtherVeg</b>	0.22
<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>		315.23	
<b>Fat</b>		21.28g	
<b>SaturatedFat</b>		12.81g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		86.06mg	
<b>Sodium</b>		666.62mg	
<b>Carbohydrates</b>		11.76g	
<b>Fiber</b>		1.76g	
<b>Sugar</b>		3.67g	
<b>Protein</b>		21.26g	
<b>Vitamin A</b>	3392.55IU	<b>Vitamin C</b>	14.88mg
<b>Calcium</b>	429.59mg	<b>Iron</b>	0.64mg

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# Chicken Salad on Bread



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6664
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Gallon	<b>Directions:</b> 1. Combine Chicken, celery, onion, pickle relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended. 2. Cover and refrigerate until service. CCP: Cool to 41 degrees or lower within 4 hours. 3. Portion with a No. 8 Scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover and refrigerate until service.	570533
CELERY DCD 1/4 2-5 RSS	6 Cup		198196
ONION DCD IQF 6-4 GCHC	4 1/4 Cup		261521
RELISH SWT PICKLE 4-1GAL GCHC	3 1/2 Cup		517186
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 Tablespoon		225037
SPICE MUSTARD GRND 14Z TRDE	3 Tablespoon		224928
MAYONNAISE LT 4-1GAL GFS	6 1/2 Cup		429406
BREAD WGRAIN HNY WHT 16-24Z GCHC	200 Slice		204822



# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	235.46
<b>Fat</b>	3.09g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.86mg
<b>Sodium</b>	364.91mg
<b>Carbohydrates</b>	42.19g
<b>Fiber</b>	4.18g
<b>Sugar</b>	8.47g
<b>Protein</b>	6.20g
<b>Vitamin A</b> 33.41IU	<b>Vitamin C</b> 0.23mg
<b>Calcium</b> 66.52mg	<b>Iron</b> 2.04mg

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# Chicken Salad on Croissant



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6669
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Gallon	<b>Directions:</b> 1. Combine Chicken, celery, onion, pickle relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended. 2. Cover and refrigerate until service. CCP: Cool to 41 degrees or lower within 4 hours. 3. Portion with a No. 8 Scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover and refrigerate until service.	570533
CELERY DCD 1/4 2-5 RSS	6 Cup		198196
ONION DCD IQF 6-4 GCHC	4 1/4 Cup		261521
RELISH SWT PICKLE 4-1GAL GCHC	3 1/2 Cup		517186
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 Tablespoon		225037
SPICE MUSTARD GRND 14Z TRDE	3 Tablespoon		224928
MAYONNAISE LT 4-1GAL GFS	6 1/2 Cup		429406

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	100 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

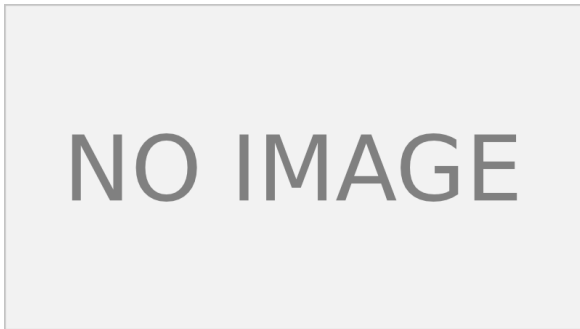
Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	235.46		
<b>Fat</b>	9.09g		
<b>SaturatedFat</b>	3.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.86mg		
<b>Sodium</b>	384.91mg		
<b>Carbohydrates</b>	34.19g		
<b>Fiber</b>	2.18g		
<b>Sugar</b>	6.47g		
<b>Protein</b>	5.20g		
<b>Vitamin A</b>	33.41IU	<b>Vitamin C</b>	0.23mg
<b>Calcium</b>	26.52mg	<b>Iron</b>	1.54mg

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# Potato Cubes



<b>Servings:</b>	192.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6674
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	36 Pound	Follow Package Directions.	504122

## 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>	0.52

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	134.02		
<b>Fat</b>	6.19g		
<b>SaturatedFat</b>	1.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	278.35mg		
<b>Carbohydrates</b>	18.56g		
<b>Fiber</b>	2.06g		
<b>Sugar</b>	1.03g		
<b>Protein</b>	2.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.59mg	<b>Iron</b>	0.72mg

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# Ham and Cheese Sandwich (Cold)



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6678
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD CN 1/5Z 72-2Z CARLB	2 Ounce	<p><b>DIRECTIONS</b></p> <p>1. Thinly slice ham and weigh out 2 ounces as a measurement for each sandwich.</p> <p>2. One slice of cheese for each sandwich. CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.</p> <p>3. <b>SANDWICH ASSEMBLY:</b> Place 24 slices of bread on bun pan, 4 down and 6 across. Portion 2 ounces of ham and 1 slice of cheese onto each slice of bread. Top each sandwich with a second slice of bread. Cover with plastic wrap and place under refrigeration until ready for service. CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.</p> <p>4. Portion 1 sandwich with trimmings per serving. Each portion provides 2½ oz. eq. meat/meat alternate and 2 oz. eq. enriched grains. CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.</p>	309796
BREAD WGRAIN HNY WHT 16-24Z GCHC	200 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

## 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: 100.00

Serving Size: 1.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	255.90
<b>Fat</b>	6.55g
<b>SaturatedFat</b>	2.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.85mg
<b>Sodium</b>	460.90mg
<b>Carbohydrates</b>	37.01g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.51g
<b>Protein</b>	9.09g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.50mg	<b>Iron</b> 2.01mg

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

# Potato Salad

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6679
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD POT MSTRD STHRN 3-10 GCHC	3 Carton	Portion in 5.5 oz. cup. Refrigerate until Service. Discard left-overs.	198692

## 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: 120.00

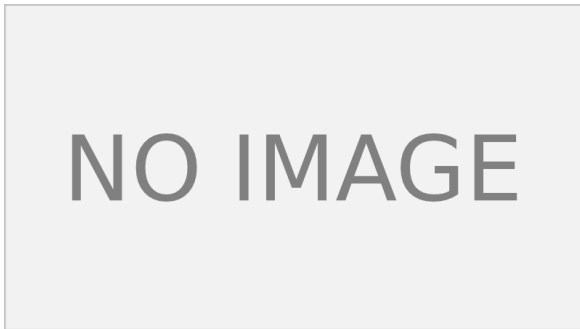
Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	11.50		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.75mg		
<b>Sodium</b>	21.00mg		
<b>Carbohydrates</b>	0.95g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.50mg	<b>Iron</b>	0.05mg

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# Broccoli



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6681
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	50 Cup		732478

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	15.45		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	283.47IU	<b>Vitamin C</b>	40.59mg
<b>Calcium</b>	21.39mg	<b>Iron</b>	0.33mg

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# Sloppy Joe on Bun



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6683
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
		<p><b>DIRECTIONS</b></p> <p>1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.</p> <p>2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25 - 30 minutes. CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.</p> <p>3. Pour 10 pounds 12 ounces (1 gallon) ground beef mixture into steamtable pan (12" x 20" x 2½"). For 50 servings, use 1 pan. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.</p> <p>4. <b>SANDWICH ASSEMBLY:</b> Place 24 bottom portions of hamburger bun on bun pan, 4 down and 6 across. Portion 1/3 cup (#12 scoop) of ground beef mixture onto bottom half of each roll. Replace bun top. Serve immediately or cover with aluminum foil wrap and place in warmer until ready for service.</p> <p>5. Portion 1 sandwich per serving. Each portion provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains and 1/8 cup red/orange vegetable. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftover unassembled ground beef mixture should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.</p>	
BEEF GRND 40 COMM	8 1/10 Pound		110520
ONION DCD IQF 6-4 GCHC	10 Ounce		261521

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
TOMATO PASTE 26% 6-10 REDG	1 Pound	READY_TO_EAT None	773549
KETCHUP LO SOD 2-1.5GAL REDG	1 3/4 Cup	READY_TO_EAT None	645922
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SPICE PEPR BLK REG GRIND 16Z TRDE	50 Tablespoon		225037
SUGAR BROWN LT 12-2 P/L	1 Tablespoon		860311
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.93
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	313.04		
<b>Fat</b>	13.11g		
<b>SaturatedFat</b>	3.87g		
<b>Trans Fat</b>	1.93g		
<b>Cholesterol</b>	50.29mg		
<b>Sodium</b>	256.69mg		
<b>Carbohydrates</b>	27.61g		
<b>Fiber</b>	3.06g		
<b>Sugar</b>	6.47g		
<b>Protein</b>	19.56g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	30.20mg	<b>Iron</b>	1.01mg

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# Turkey and Cheese on Bun



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6684
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	50 Ounce	<p><b>DIRECTIONS</b></p> <p>1. Thinly slice turkey and weigh 1 ounce to determine portion size.</p> <p>2. Rinse tomatoes under cool running water, drain, core, and thinly slice (8 slices per tomato). Portion 1/8 cup shredded lettuce, 1 tomato slice, and 2 pickle slices in container. CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.</p> <p>3. <b>SANDWICH ASSEMBLY:</b> Place 24 bottom portions of hamburger bun on bun pan, 4 down and 6 across. Portion 1 ounce turkey and 1 ounce (two ½ ounce slices) cheese on bottom of each bun. Replace bun top over meat and cheese. Cover with plastic wrap and put under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.</p> <p>4. Portion 1 sandwich with trimmings per serving. Each portion provides 2 oz. eq. meat/meat alternate and 2 oz. eq. whole grains. CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .</p>	689541
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.18
<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: 50.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	222.59		
<b>Fat</b>	6.34g		
<b>SaturatedFat</b>	2.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.29mg		
<b>Sodium</b>	560.17mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	15.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.50mg	<b>Iron</b>	1.00mg

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# Carrots and Broccoli

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6685
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup	Portion Broccoli and carrots to equal one half cup. Serve with 1 cup dip.	732478
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146

## 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.21		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.30mg		
<b>Carbohydrates</b>	0.05g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	1.42IU	<b>Vitamin C</b>	0.20mg

<b>Calcium</b>	0.21mg	<b>Iron</b>	0.00mg
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# Chicken Noodle Soup - Homemade



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6689
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY DCD 1/4 2-5 RSS	1 1/4 Quart	<p><b>DIRECTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Bring water to a boil. Stir Chicken Gravy Mix into boiling water until the chicken gravy mix dissolves.</li> <li>2. Add celery, carrots, onions, parsley flakes, and pepper. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.</li> <li>3. Add noodles and chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.</li> <li>4. Portion with 8 ounce ladle (2 times) for 2 cup serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.</li> </ol> <p>CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.</p>	198196
CARROT MATCHSTICK SHRED 2-3 RSS	1 1/4 Quart		198161
ONION DEHY CHPD 15 P/L	2 Cup		263036
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
PASTA NOODL EGG 1/2 XTRA WD 2-5	2 1/2 Pound		292346

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 3/4 Pound	UNSPECIFIED Not currently available	570533
GRAVY MIX CHIX 8- 22.6Z TRIO	3 Package		290025

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.03

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Cup

Amount Per Serving			
<b>Calories</b>	192.81		
<b>Fat</b>	4.66g		
<b>SaturatedFat</b>	1.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.60mg		
<b>Sodium</b>	116.56mg		
<b>Carbohydrates</b>	19.39g		
<b>Fiber</b>	1.26g		
<b>Sugar</b>	1.19g		
<b>Protein</b>	16.46g		
<b>Vitamin A</b>	174.56IU	<b>Vitamin C</b>	0.43mg
<b>Calcium</b>	21.25mg	<b>Iron</b>	1.27mg

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# Chili

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6702
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	16 1/2 Pound	1. Cook the ground beef to an internal temperature of 160° F. Drain and rinse. 2. In a separate pot, mix the puree, water and seasonings and heat. 3. Add chili beans and ground beef to tomato mixture. 4. Simmer for 1 hour.	110520
TOMATO PUREE 1.045 6-10 GCHC	1 2/5 #10 CAN		100242
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Tablespoon		224839
SPICE CUMIN GRND 15Z TRDE	1/3 Cup		273945
BEAN CHILI MEX STYLE 6-10 GCHC	2 1/5 #10 CAN		192015
SALT IODIZED 25 CARG	2 Tablespoon		108286
SUGAR CANE GRANUL 25 GCHC	1/3 Cup		108642

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.78
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.28
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	201.98
<b>Fat</b>	8.57g
<b>SaturatedFat</b>	2.85g
<b>Trans Fat</b>	1.43g
<b>Cholesterol</b>	37.10mg
<b>Sodium</b>	577.79mg
<b>Carbohydrates</b>	16.12g
<b>Fiber</b>	3.63g
<b>Sugar</b>	3.42g
<b>Protein</b>	14.75g
<b>Vitamin A</b> 543.20IU	<b>Vitamin C</b> 3.48mg
<b>Calcium</b> 20.02mg	<b>Iron</b> 2.16mg

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# PB & J (Soy Butter) Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6703
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	100 Each	Thaw and Serve	661222

## 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 1 sandwich

#### Amount Per Serving

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

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# HS - Chicken Patty Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6726
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
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>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 sandwich

Amount Per Serving	
<b>Calories</b>	356.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	5.00g
<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>	50.00mg	<b>Iron</b>	2.08mg

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# HS Fish Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6728
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	100 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for20-22 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	41.00g

<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

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

# HS BBQ Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6729
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce		498702
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 1 sandwich

#### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



<b>Calcium</b>	30.00mg	<b>Iron</b>	1.00mg
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# HS Egg, Cheese Biscuit



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7361
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	100 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	100 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 1 sandwich

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**Amount Per Serving**

<b>Calories</b>	285.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	107.50mg
<b>Sodium</b>	715.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	10.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	131.33mg	<b>Iron</b>	1.05mg

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# Celery Stick



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7362
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup		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>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	0.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.60mg		
<b>Carbohydrates</b>	0.06g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.00mg

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# Crackers - Ritz

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7363
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER RITZ 300-2CT NAB	2 Package		426962

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

Amount Per Serving			
<b>Calories</b>	0.70		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.90mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.18mg	<b>Iron</b>	0.01mg

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# WOW Butter



<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7364
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	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 Each

Amount Per Serving			
<b>Calories</b>	2.00		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.01mg

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# HS Egg Patty



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7430
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<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 Piece

Amount Per Serving			
<b>Calories</b>	0.60		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.95mg		
<b>Sodium</b>	1.10mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.18mg	<b>Iron</b>	0.00mg

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# Chip - Choices



<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7444
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	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.	712560
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	575570
SNACK CHILI CHS FANTASTIX 104-SSV	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	256371
CHIP CORN 104-1Z SSV FRITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040



Description	Measurement	Prep Instructions	DistPart #
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Package	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.	712540
CHIPS CHED SR CRM BKD 64LSSV RUFF	1 Package	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.	712230
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>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 Package

#### Amount Per Serving

<b>Calories</b>	9.40		
<b>Fat</b>	0.35g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.70mg		
<b>Sodium</b>	13.10mg		
<b>Carbohydrates</b>	1.42g		
<b>Fiber</b>	0.11g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.03mg

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# Crackers - Soup



<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7454
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package		522150

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

#### Amount Per Serving

<b>Calories</b>	1.00		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.01mg

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# Muffin - CornBread



<b>Servings:</b>	100.00	<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-7457
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CORN 1.5Z 3-24CT	1 Each		273851

## 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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	1.80		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	1.40mg		
<b>Carbohydrates</b>	0.24g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.11IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.01mg

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# Apple Slices



<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7462
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		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>	0.01
<b>GreenVeg</b>	0.00
<b>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 Package

Amount Per Serving			
<b>Calories</b>	0.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg

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# Apple - Red



<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7582
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 125CT MRKN	1 Cup		201367

## 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: 100.00  
Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	0.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.01mg		
<b>Carbohydrates</b>	0.18g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.13g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.69IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	0.08mg	<b>Iron</b>	0.00mg

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

# Hamburger on Bun

NO IMAGE

<b>Servings:</b>	100.00	<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-7982
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF BRGR STK CKD CHARB CN 114-2Z	100 Piece	<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.	100631
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	<b>READY_TO_EAT</b> No baking necessary.	676151

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	220.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g

<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.08mg

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

# HS Hamburger on Bun



<b>Servings:</b>	100.00	<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-7983
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
BEEF BRGR CKD 64-3Z GCHC	1 Each	<b>BAKE</b> FROM FROZEN STATE: Conventional Oven: Preheat oven to 350F and reheat product from frozen for 20-22 minutes. Convection Oven: Preheat oven to 350F and reheat product from frozen for 9-11 minutes. <b>GRILL</b> Flat grill: preheat grill (350 degrees f) and heat 1-3 ounce products for 4-7 minutes and 4-6 ounce products for 8-15 minutes from a frozen state, turning frequently to avoid excessive browning. Conventional oven: preheat oven to 350 degrees f. Heat frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 6-13 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 30 seconds-2 minutes. Longer cooking times are required for thicker burgers.	612840

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	142.20
<b>Fat</b>	1.67g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.70mg
<b>Sodium</b>	182.90mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	6.19g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.01mg

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# Turkey & Cheese Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18456
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

## 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 Sandwich

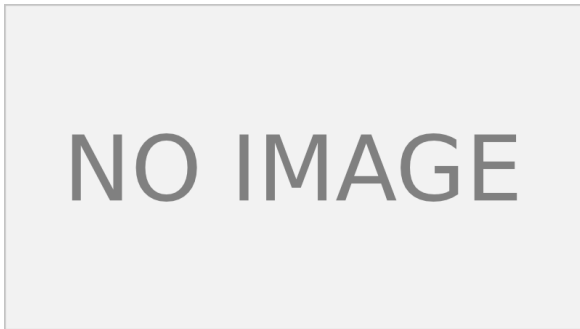
#### Amount Per Serving

<b>Calories</b>	2.69
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.18mg
<b>Sodium</b>	5.01mg
<b>Carbohydrates</b>	0.37g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.07g
<b>Protein</b>	0.11g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.42mg	<b>Iron</b>	0.02mg

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# Bread Stick - Twisted



<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-18459
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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 Serving

Amount Per Serving			
<b>Calories</b>	1.50		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.80mg		
<b>Carbohydrates</b>	0.26g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.01mg

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

# Glaze Chocolate Donut

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-18462
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	3.60
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.10mg
<b>Carbohydrates</b>	0.46g
<b>Fiber</b>	0.02g

<b>Sugar</b>	0.21g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.02mg

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# Glaze Vanilla Donut

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-18463
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	3.55
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.10mg
<b>Carbohydrates</b>	0.47g
<b>Fiber</b>	0.02g

<b>Sugar</b>	0.23g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.02mg

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# Pork Chop Plain - HS



<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-18466
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 14 minutes. Convection oven: from the frozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	4.10		
<b>Fat</b>	0.19g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.90mg		
<b>Sodium</b>	5.60mg		
<b>Carbohydrates</b>	0.40g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.70mg	<b>Iron</b>	0.03mg

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# Pork Chop BBQ - HS

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-18467
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ 52-3.1Z ADV	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 400 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 10 minutes.	493379
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<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 Serving

#### Amount Per Serving

<b>Calories</b>	3.50
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.35mg
<b>Sodium</b>	9.10mg
<b>Carbohydrates</b>	0.36g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.11g
<b>Protein</b>	0.17g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.70mg	<b>Iron</b>	0.02mg

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# Chicken Breast Fillet Sandwich - HS

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-18469
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	3.56
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.50mg
<b>Sodium</b>	7.90mg
<b>Carbohydrates</b>	0.43g
<b>Fiber</b>	0.05g
<b>Sugar</b>	0.04g
<b>Protein</b>	0.24g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.50mg	<b>Iron</b>	0.02mg

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# Omelet & Toast - HS

NO IMAGE

<b>Servings:</b>	100.00	<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-18477
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each		462489
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
PAN COAT/TPNG SPRY BTR 6-16.5Z GCHC	1 Each		758370

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	2.90		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.60mg		
<b>Sodium</b>	6.75mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 1.71mg **Iron** 0.02mg

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# Egg Biscuit - HS

NO IMAGE

<b>Servings:</b>	100.00	<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-18478
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each		609293

## 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 Each

#### Amount Per Serving

<b>Calories</b>	2.80		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.95mg		
<b>Sodium</b>	8.50mg		
<b>Carbohydrates</b>	0.27g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.58mg	<b>Iron</b>	0.01mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Cabbage - Steamed



<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-18494
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE GREEN 45 P/L	1 Cup		198463
MARGARINE UNSLTD SLD 30-1#	1 Ounce	READY_TO_EAT Ready to use.	880941
SALT IODIZED 25 CARG	1 Teaspoon		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>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.35
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	23.63mg
<b>Carbohydrates</b>	0.08g
<b>Fiber</b>	0.03g
<b>Sugar</b>	0.04g
<b>Protein</b>	0.02g

<b>Vitamin A</b>	1.20IU	<b>Vitamin C</b>	0.56mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.00mg

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# Ravioli w/ Red Sauce



<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-18495
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	1 Each	<p><b>BOIL</b> 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: <b>BOILING (Preferred Method):</b> 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: <b>FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS.</b> 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.</p>	553982
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Ounce		852759

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
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<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

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**Amount Per Serving**

<b>Calories</b>	0.72
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.18mg
<b>Sodium</b>	2.53mg
<b>Carbohydrates</b>	0.10g
<b>Fiber</b>	0.02g
<b>Sugar</b>	0.02g
<b>Protein</b>	0.06g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.46mg	<b>Iron</b>	0.01mg

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

# Cereal Bowl - Chex Cinnamon



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22732
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Package		105357

## 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: 100.00

Serving Size: 1.00 1 package

#### Amount Per Serving

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

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

# Cereal Bowl - Cocoa Puff



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22733
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cocoa Puffs 2 oz	1 Container		105850

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 package

#### Amount Per Serving

<b>Calories</b>	2.10		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.20mg		
<b>Carbohydrates</b>	0.47g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	0.03g		
<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



# Cereal Bowl - Cinnamon Toast Crunch



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22734
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Toast Crunch 2 oz	1 container		105931

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 package

#### Amount Per Serving

<b>Calories</b>	2.30		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.20mg		
<b>Carbohydrates</b>	0.44g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.11g		
<b>Protein</b>	0.03g		
<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

# Cereal Bowl - Lucky Charm



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22735
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms 2 oz	1 Container		105840

## 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: 100.00

Serving Size: 1.00 1 package

Amount Per Serving			
<b>Calories</b>	2.10		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.50mg		
<b>Carbohydrates</b>	0.46g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.20g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Turkey, Ham Bacon Sub

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22791
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Slice		244190
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
HAM SLCD CN 1/5Z 72-2Z CARLB	2 Ounce		309796

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<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 sandwich

Amount Per Serving

<b>Calories</b>	3.57
<b>Fat</b>	0.14g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.60mg
<b>Sodium</b>	13.02mg
<b>Carbohydrates</b>	0.31g

<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.48mg	<b>Iron</b>	0.03mg

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

# Corn HS

NO IMAGE

<b>Servings:</b>	100.00	<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-27050
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 Cup		118966
MARGARINE UNSLTD SLD 30-1#	1 Ounce	READY_TO_EAT Ready to use.	880941

## 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>	1.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	1.60		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.80mg		
<b>Carbohydrates</b>	0.34g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.10g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.01mg
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# Tomato Soup HS



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27052
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HNZ	1 Cup		102008

## 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: 100.00

Serving Size: 1.50 Cup

Amount Per Serving			
<b>Calories</b>	1.60		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.40mg		
<b>Carbohydrates</b>	0.38g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.22g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.02mg

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

# Garden Salad HS

NO IMAGE

<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-27055
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	13 Pound		560545
LETTUCE ROMAINE CHOP 6-2 RSS	13 Pound		735787
TOMATO GRAPE SWT 10 MRKN	2 1/10 Pound		129631
CARROT MATCHSTICK SHRED 2-3 RSS	30 Ounce		198161
CUCUMBER SELECT 24CT MRKN	28 Ounce		418439

## 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>	1.35
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.03
<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>	24.51
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	48.22mg
<b>Carbohydrates</b>	5.09g
<b>Fiber</b>	3.13g



<b>Sugar</b>	1.81g
<b>Protein</b>	2.89g
<b>Vitamin A</b> 1524.01IU	<b>Vitamin C</b> 2.15mg
<b>Calcium</b> 70.93mg	<b>Iron</b> 2.10mg

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

# Buttered Potatoes HS

NO IMAGE

<b>Servings:</b>	100.00	<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-27056
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SLCD 6-10 GCHC	1 Cup		118486
MARGARINE UNSLTD SLD 30-1#	1 Ounce	READY_TO_EAT Ready to use.	880941
ONION DEHY CHPD 15 P/L	1 Cup		263036

## 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>	0.02

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	2.94
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.31mg
<b>Carbohydrates</b>	0.71g
<b>Fiber</b>	0.09g
<b>Sugar</b>	0.04g
<b>Protein</b>	0.07g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.36mg	<b>Iron</b>	0.02mg

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

# Pork BBQ Sandwich HS

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-27057
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 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

#### Amount Per Serving

<b>Calories</b>	2.55		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.33mg		
<b>Sodium</b>	3.05mg		
<b>Carbohydrates</b>	0.33g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.30mg	<b>Iron</b>	0.01mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Vegetable Choice Cup - HS



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27058
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1 Cup		418439
BROCCOLI FLORET REG CUT 4-3 RSS	1 Cup		732478
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486
CARROT CELERY STIX COMBO 2-5 RSS	1 Ounce		302198

## Preparation Instructions

Choose a choice of vegetables to create 1 cup of vegetables.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	0.72
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.82mg
<b>Carbohydrates</b>	0.14g
<b>Fiber</b>	0.05g
<b>Sugar</b>	0.06g

<b>Protein</b>			0.05g
<b>Vitamin A</b>	30.50IU	<b>Vitamin C</b>	1.32mg
<b>Calcium</b>	0.85mg	<b>Iron</b>	0.01mg

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

# Baked Beans HS

NO IMAGE

<b>Servings:</b>	100.00	<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-27059
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1 Cup		822477

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	2.60		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.20mg		
<b>Carbohydrates</b>	0.52g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.04mg	<b>Iron</b>	0.04mg

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



# Ham / Turkey Sub HS

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>	Lunch	<b>Recipe ID:</b>	R-27060
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD SLCD 5 10/ 2-5 GFS	2 Slice		757845
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<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>	4.13
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.00mg
<b>Sodium</b>	17.37mg
<b>Carbohydrates</b>	0.27g
<b>Fiber</b>	0.03g
<b>Sugar</b>	0.05g

<b>Protein</b>		0.35g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.02mg

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

# Taco HS



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27061
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	1 Ounce		110520
SEASONING TACO 21Z TRDE	1 Teaspoon		413429
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving	
<b>Calories</b>	0.71
<b>Fat</b>	0.04g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	0.19mg
<b>Sodium</b>	2.59mg
<b>Carbohydrates</b>	0.02g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.01g
<b>Protein</b>	0.06g
<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

# Refried Beans - HS

NO IMAGE

<b>Servings:</b>	100.00	<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-27062
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 Cup		293962

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.04
<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>	0.01
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	2.80		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.60mg		
<b>Carbohydrates</b>	0.46g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.90mg	<b>Iron</b>	0.04mg

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# Hash Brown HS

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27066
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003

## 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: 100.00

Serving Size: 2.00 Piece

#### Amount Per Serving

<b>Calories</b>	1.00		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.05mg		
<b>Carbohydrates</b>	0.16g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<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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# Cheese Cup

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30598
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	measure out a cup of cheese and place in a sealed 5 oz container.	150250

## Preparation Instructions

take shredded cheese out an place 4 oz of cheese in a 5 oz cup and place on serving line in cold unit.

### 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: 0.50

Amount Per Serving			
<b>Calories</b>	2.20		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.60mg		
<b>Sodium</b>	3.80mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.98mg	<b>Iron</b>	0.00mg

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# Famous HPS 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-30618
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound		240869
Tap Water for Recipes	16 Cup		000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup		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

Amount Per Serving

<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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# Black Bean and Corn Relish

NO IMAGE

<b>Servings:</b>	100.00	<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-30642
<b>School:</b>	LCCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA PICO DE GALLO 6-32Z ITALR	1 Gallon		434526
SPICE CILANTRO 4Z TRDE	3/4 Cup		565903
CORN WHL KERNEL STD GRADE 6-10 KE	1 Gallon	rinsed	244805
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	Rinse	231981

## Preparation Instructions

Mix all ingredients together and refrigerate overnight. Cup in individual 2 oz cups for salads

### 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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	70.39
<b>Fat</b>	0.45g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	91.51mg
<b>Carbohydrates</b>	13.44g
<b>Fiber</b>	2.43g
<b>Sugar</b>	3.84g

<b>Protein</b>		<b>3.26g</b>	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.14mg	<b>Iron</b>	0.72mg

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# Scalloped Potatoes-LC

NO IMAGE

<b>Servings:</b>	43.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30717
<b>School:</b>	LCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	1 Package	<b>BAKE</b> 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118567
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 Fluid Ounce		191205

## Preparation Instructions

Add 4 1/2 quarts of boiling water, 2 sauce packages and 4z butter in to 6 inch deep hotel pan

Add 1 carton potatoes

bake in convection oven for 45 minutes at 300\*

### 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>	0.38

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 5.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	102.32		
<b>Fat</b>	2.81g		
<b>SaturatedFat</b>	1.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.58mg		
<b>Sodium</b>	184.17mg		
<b>Carbohydrates</b>	18.26g		
<b>Fiber</b>	0.76g		
<b>Sugar</b>	3.04g		
<b>Protein</b>	1.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.44mg	<b>Iron</b>	0.23mg

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