

Cookbook for Owsley County Elementary School

Created by HPS Menu Planner

Table of Contents

BBQ Chicken Sandwich

Cheeseburger

Chicken Fajita

Chicken Nuggets

Chicken Patty on Bun

Chicken Rings

Tex-Pro Chili

Crispy Fish Sticks

Hot Ham and Cheese Sandwich

Meatball Sub

Meatball Sub

Oven Fried Drumsticks

Philly Steak and Cheese

Pepperoni Pizza

Sloppy Joe

Homemade Spaghetti

Tex-Pro Taco

BBQ Pork Sandwich

Carnival Corn Dog

Country Fried Pork Chop

Chicken Strips

Chicken Quesadilla

Calzone

Crispy Fish Sandwich

Chicken and Dumplin's

Meatloaf

Vegetable Soup

Orange Chicken

Sweet and Sour Pork

Chicken Parmesan

Open Face Roast Beef Sandwich

Mom's Goulash

Seasoned Green Beans

Celery Sticks with Ranch

Creamy Mashed Potatoes

Cooked Carrots

Homestyle Chicken Casserole

Stir Fry Vegetables

Sweet Potato Waffle Fries

Egg Rolls

Corn and Black Bean Fiesta

Pico De Gallo

Refried Beans

Potato Wedges

Key West Veggies

Tater Tots

Normandy Vegetable

Carrots with Ranch

Curly Fries

Golden Corn

Italian Vegetables

California Veggies

Midori Vegetables

Roasted Red Potatoes

Crinkle Cut Sweet Potato Fries

Creamy Coleslaw

Baked Beans

Waldorf Salad

Cheesy Broccoli and Cauliflower

Cheesy Broccoli and Cauliflower

Southern Style Greens

Broccoli Casserole

Soup Beans

Steamed Broccoli

Baked Potato

Fresh Orange

Sweet Peaches

Tropical Fruit Salad

Red Delicious Apple

Seedless Grapes

Pineapple Tidbits

Banana

Strawberries

Peach Cup

Mixed Fruit

Pears

Sliced Peaches

Applesauce

Dinner Roll

Tortilla Chips

Sundried Tomato Basil Wrap

Bosco Stick

Cornbread

Crackers

Cheesy Egg Omelet

Salad with Egg Box

Side Salad

Chicken Biscuit

Breakfast Pizza

Breakfast Burrito

Sausage Biscuit

Twisted Bread Stick

Hot Dog

Mini Burgers

Steamed Cauliflower

HeadStart Open Face Roast Beef Sandwich

Yogurt Parfait with Granola

Headstart Sloppy Joe

Green Peas

Head Start Tex-Pro Taco

Walking Chili Cheese Nachos

Shoe String French Fries

Mini Corn Dogs

Lasagna

Corn on the Cob

Apple Slices

Sliced Ham

BBQ Rib Sandwich

Head Start Chicken Patty on Bun

Walking Chili Cheese Crackers

Yogurt Parfait with Cheerios

Head Start Tex-Pro Chili

BBQ Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10675

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Package	Thaw chicken in refrigeration unit 24 hours prior to use. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds	110530
SAUCE BBQ 4-158Z KCMSTRPC	1 Gallon	No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.	754684
BUN HAMB WHT WHE 4" 10- 12CT ALPH	100 Each		248151

Preparation Instructions

- 1.) Thaw chicken in refrigeration unit for 24 hours prior to use.
- 2.) Preheat Combi Oven to 350 degrees F
- 3.) Combine Chicken and BBQ Sauce in shallow, full pan
- 4.) Heat in Combi oven 10-20 minutes until heated thoroughly.

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	281.39		
Fat	4.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	43.08mg		
Sodium	537.61mg		
Carbohydrates	40.39g		
Fiber	3.00g		
Sugar	14.51g		
Protein	18.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.43mg

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

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 80/20 W/APPLSCE VPP 200- 2.5Z	1/2 Package	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	565041
CHEESE AMER 160CT SLCD 6-5 COMM	100 Piece		150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

- 1.) Preheat Combi to 350 degrees F
 - 2.) Place hamburgers in steam table pan
 - 3.) Bake 15-20 minutes until internal temperature of 165 degrees F
CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds
 - 4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service
CCP: Hold for Cold Service at 41 degrees F or below
CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.
- SERVE:
- 5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	335.00
Fat	14.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	755.00mg
Carbohydrates	29.00g

Fiber	4.00g		
Sugar	3.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.52mg	Iron	3.43mg

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Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1/2 Package		154900
CHEESE CHED MLD SHRD 4-5 LOL	24 1/2 Cup		150250

Preparation Instructions

- 1.) Preheat Combi Oven to 400 degrees F
 - 2.) Arrange chicken in a single layer on sheet pans
 - 3.) Cook chicken for 15-20 mins until internal temp @ 165 degrees
CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds
- SERVE:
- 4.) Use 2 oz scoop to portion chicken on top of corn tortilla chips(1 pkg) or tomato basil wrap (1 ea)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	170.31		
Fat	10.87g		
SaturatedFat	6.90g		
Trans Fat	0.00g		
Cholesterol	67.32mg		
Sodium	496.71mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.02g		
Protein	16.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	195.02mg	Iron	0.00mg

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Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK BRD HMSTYL FC WGRAIN 2-5	1 Package		847960

Preparation Instructions

- 1.) Preheat oven to 350 degrees F
 - 2.) Arrange nuggets on baking pan
 - 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	200.00		
Fat	11.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	537.50mg		
Carbohydrates	13.75g		
Fiber	2.50g		
Sugar	0.00g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.80mg

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Chicken Patty on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Package		641402
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

- 1.) Preheat oven to 375 degrees F
 - 2.) Place chicken patties in steam table pan
 - 3.) Bake 6-8 mins until internal temperature @ 165 degrees F
- CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds
CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

- 4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	760.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.02mg	Iron	3.43mg

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Chicken Rings

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK RING BRD WGRAIN 750-.74Z	1 Package		281771

Preparation Instructions

- 1.) Preheat oven to 375 degrees F
- 2.) Arrange chicken strips on baking pan in single layer
- 3.) Bake for 6-8 minutes until cooked

CCP: Bale to an internal temperature of 165 degrees F or great for minimum 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

Meal Components (SLE)

Amount Per Serving

Meat	2.52
Grain	1.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	302.26		
Fat	17.63g		
SaturatedFat	3.15g		
Trans Fat	0.00g		
Cholesterol	50.38mg		
Sodium	453.38mg		
Carbohydrates	15.11g		
Fiber	1.26g		
Sugar	1.26g		
Protein	21.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.89mg	Iron	2.52mg

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Tex-Pro Chili

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	22 7/10 Pound	Place ground beef in tilt skillet. Heat over medium-high heat uncovered until cooked well done and brown. Stir frequently. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds. Drain.	
TOMATO PASTE 26 6-10 GCHC	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF 6-4 GCHC	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT 6-10 GCHC	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.04
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	356.32
Fat	13.49g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	49.97mg
Sodium	861.44mg
Carbohydrates	36.33g
Fiber	11.90g
Sugar	7.87g
Protein	26.31g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.29mg	Iron	4.14mg

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Crispy Fish Sticks

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	320 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	220.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	400.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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Hot Ham and Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17917

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	300 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL 6-5 COMM	100 Slice		334450
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.55
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	338.11		
Fat	13.67g		
SaturatedFat	4.55g		
Trans Fat	0.00g		
Cholesterol	68.81mg		
Sodium	753.60mg		
Carbohydrates	30.07g		
Fiber	3.00g		
Sugar	5.55g		
Protein	21.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	2.15mg

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Meatball Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17918

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	400 Each	Place meatballs in a deep full pan. Top with spaghetti sauce. Heat in combi oven until internal temp of 165 degrees F or greater for minimum 15 secs.	610790
SAUCE SPAGHETTI NSA 6- 106Z CONAG	2 1/4 #10 CAN	Hold for hot service at 135 degrees F or greater	267400
CHEESE SLCD YEL 6-5 COMM	100 Slice		334450
White Buns	100 Each	Place 4 meatballs and 1 slice of cheese on bun. Serve	78700-80021- 32R11

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.22
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	429.92
Fat	20.33g
SaturatedFat	7.83g
Trans Fat	0.67g
Cholesterol	39.17mg
Sodium	622.46mg
Carbohydrates	42.90g
Fiber	4.08g
Sugar	9.82g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.95mg	Iron 3.08mg

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Meatball Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17919

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	400 Each	Place meatballs in a deep full pan. Top with spaghetti sauce. Heat in combi oven until internal temp of 165 degrees F or greater for minimum 15 secs.	610790
SAUCE SPAGHETTI NSA 6- 106Z CONAG	2 1/4 #10 CAN	Hold for hot service at 135 degrees F or greater	267400
CHEESE SLCD YEL 6-5 COMM	100 Slice		334450
White Buns	100 Each	Place 4 meatballs and 1 slice of cheese on bun. Serve	78700-80021- 32R11

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.22
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	429.92
Fat	20.33g
SaturatedFat	7.83g
Trans Fat	0.67g
Cholesterol	39.17mg
Sodium	622.46mg
Carbohydrates	42.90g
Fiber	4.08g
Sugar	9.82g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.95mg	Iron 3.08mg

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Oven Fried Drumsticks

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17920

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	14.00mg	Iron	1.00mg
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Philly Steak and Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	150 Ounce	1) Thaw beef in refrigeration unit overnight 2) Preheat oven to 350 degrees F 3) Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs. 4) Hold for hot service at 135 degrees F or greater	593591
CHEESE SLCD YEL 6-5 COMM	100 Slice	5) Hold at 41 degrees F or below until service	334450
BUN HAMB WHT WHE 4" 10- 12CT ALPH	100 Each	Ready to Eat	248151

Preparation Instructions

- 1) Thaw beef in refrigeration unit overnight
- 2) Preheat oven to 350 degrees F
- 3) Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.
- 4) Hold for hot service at 135 degrees F or greater
- 5) Hold at 41 degrees F or below until service
- 6) Place 1.5 oz beef onto 1 bun and top with 1 slice of cheese. Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	285.00
Fat	12.50g
SaturatedFat	5.50g
Trans Fat	0.25g
Cholesterol	22.50mg
Sodium	645.00mg
Carbohydrates	30.00g
Fiber	3.50g
Sugar	5.50g
Protein	11.50g

Vitamin A	50.00IU	Vitamin C	4.50mg
Calcium	42.02mg	Iron	1.79mg

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Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96- 4.48Z	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	550.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	2.80mg

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

Sloppy Joe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	22 3/4 Pound		110520
SAUCE SLOPPY JOE 4-10 MANWICH	2 #10 CAN		860166
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

Serve:

- 1.) Place 2 oz Manwich Beef on (1) one whole grain bun. Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.48		
Fat	14.02g		
SaturatedFat	4.01g		
Trans Fat	2.00g		
Cholesterol	52.08mg		
Sodium	620.83mg		
Carbohydrates	34.28g		
Fiber	5.07g		
Sugar	9.21g		
Protein	21.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.80mg

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

Homemade Spaghetti

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN 2-10	50 Cup	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.62		
Fat	13.21g		
SaturatedFat	4.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	762.84mg		
Carbohydrates	38.64g		
Fiber	5.50g		
Sugar	12.64g		
Protein	23.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	29.84mg	Iron	3.07mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Tex-Pro Taco

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	17 Pound	1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water. 3) Bring to boil - allow to simmer 5 minutes - stir frequently to prevent scorching 4) Hold at 135 degrees F or greater for hot service	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Cup		150250

Preparation Instructions

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
 - 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
 - 3) Bring to boil - allow to simmer 5 minutes - stir frequently to prevent scorching
- CCP: Cook beef to an internal temperature of 165 degrees F doe 15 seconds or longer
CCP: Hold at 135 degrees F or greater for hot service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	245.93		
Fat	15.75g		
SaturatedFat	5.99g		
Trans Fat	1.50g		
Cholesterol	53.92mg		
Sodium	511.21mg		
Carbohydrates	9.59g		
Fiber	3.03g		
Sugar	3.03g		
Protein	19.28g		
Vitamin A	666.67IU	Vitamin C	1.52mg

Calcium 144.95mg **Iron** 0.76mg

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

BBQ Pork Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LEG RST 1PC 32-40 COMM	21 1/2 Pound		150430
SAUCE BBQ 4-158Z KCMSTRPC	1 Gallon	6)Combine approx 1/2 Gallon of BBQ Sauce per 1 pan of pulled pork or until pork is fully covered. 7) Re-Heat pork to an internal temperature of 165 degrees F or greater for minimum 15 secs CCP: Hold for hot service at 135 degrees F or greater	754684
White Buns	100 Each	Serve: 2 ounces of Pulled Pork BBQ on 1 Bun	78700-80021-32R11

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	330.50		
Fat	4.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	47.88mg		
Sodium	642.79mg		
Carbohydrates	48.18g		
Fiber	1.00g		
Sugar	19.35g		
Protein	20.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.70mg

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

Carnival Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each	CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2 Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	620220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

Country Fried Pork Chop

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	100 Each	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	380.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Chicken Strips

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	300 Piece	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered. CCP: Cook to an internal temperature of 165 degrees F or greater for 15 secs minimum	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	1.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Chicken Quesadilla

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z	200 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.	606783

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	Iron 2.40mg

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

Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	100 Each	PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	135191

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

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

Crispy Fish Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	100 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	327162
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	550.00mg
Carbohydrates	41.00g
Fiber	5.00g
Sugar	3.00g
Protein	21.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.02mg	Iron	2.51mg

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

Chicken and Dumplin's

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	12 1/2 Pound	1.) Pan biscuits and place in refrigerator overnight to allow to thaw. 2.) Combine 1 Can Chicken Base with 2 Gallons of Water 3.) Combine Chicken base, diced chicken, and cream of chicken soup in tilt skillet. Bring to a boil. Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs 4.) Pinch 1/2 inch sections of biscuits off and drop into chicken base mixture until reaches desired firmness. 5.) Serve in 1/2 Cup Servings	
BASE CHIX LO SOD 12-1 LEGO	1 Pound		130869
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	54 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.08
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	195.65
Fat	6.97g
SaturatedFat	2.30g
Trans Fat	0.00g
Cholesterol	47.83mg
Sodium	445.26mg
Carbohydrates	16.69g
Fiber	0.54g
Sugar	2.10g

Protein		15.18g	
Vitamin A	71.01IU	Vitamin C	0.00mg
Calcium	64.80mg	Iron	0.86mg

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

Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	22 7/10 Pound	1.) Combine all ingredients in a deep full pan. 2.) Bake at 350 degrees F for 60 minutes or until internal temperature of 165 degrees or greater for minimum 15 secs. 3.) Top with Ketchup	110520
OATS QUICK HOT CEREAL 12-42Z GCHC	42 Ounce		240869
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
JUICE TOMATO 100 8-46FLZ HV	23 Fluid Ounce		893930
EGG SHL MED A GRD 6- 30CT GCHC	6 Each		206547

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	219.14		
Fat	12.99g		
SaturatedFat	4.24g		
Trans Fat	2.00g		
Cholesterol	61.87mg		
Sodium	73.59mg		
Carbohydrates	9.77g		
Fiber	1.43g		
Sugar	0.29g		
Protein	16.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 4.45mg **Iron** 0.60mg

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

Vegetable Soup

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	22 3/4 Pound	1.) Brown beef until internal temperature of 165 degrees or greater for minimum 15 secs. 2.) Combine remaining ingredients with cooked beef and bring to a boil. 3.) Serve 1/2 Cup Portions	110520
VEGETABLES MXD 6-10 GCHC	2 #10 CAN		119059
JUICE TOMATO 100 8-46FLZ HV	276 Ounce		893930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	195.31		
Fat	12.02g		
SaturatedFat	4.01g		
Trans Fat	2.00g		
Cholesterol	52.08mg		
Sodium	339.86mg		
Carbohydrates	7.07g		
Fiber	1.21g		
Sugar	3.62g		
Protein	15.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.66mg

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

Orange Chicken

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT ORANGE CHIX 6-7 MINH	280 Ounce	BAKE Chicken PLACE 1 BAG OF CHICKEN ONTO A LARGE SHEET PAN LINED WITH PARCHMENT PAPER. COOK IN A PRE-HEATED CONVECTION OVEN AT 350°F, FOR 15-20 MINUTES. Sauce - Stove Top BRING A LARGE POT OF WATER TO BOIL. SUBMERGE ONE BAG IN BOILING WATER AND BOIL FOR 20 MINUTES IF FROZEN OR 15 MINUTES IF REFRIGERATED. Sauce - Steam PLACE FROZEN SAUCE IN A 2-INCH STEAMABLE PAN. STEAM SAUCE FOR APPROXIMATELY 5 MINUTES IN COMBI OVEN. MIX: USE 1 BAG OF BAKED CHICKEN TO 1 BAG OF HEATED SAUCE. SERVE IMMEDIATELY. CCP: Cook chicken to an internal temperature of 165 degrees F or greater for minimum 15 secs.	509730
RICE PARBL LONG GRAIN 6-10 PRDCR	25 Cup	CONVENTIONAL OVEN 350°F 25-30 MINUTES. CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. Serve 3 oz of Orange Chicken over 1/4 C of Rice	699181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	300.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	200.00mg		
Carbohydrates	48.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	10.00mg	Iron	2.14mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sweet and Sour Pork

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LEG RST 1PC 32-40 COMM	200 Ounce	1.) Roast pork in combi per programmed feature. CCP: Cook to internal temperature of 165 degrees F or greater for minimum 15 secs. 2.) Allow to Cool 3.) Cut pork into approximately 1 inch cubes 4.) Cover with sauce 5.) Re-heat in combi to internal temperature of 165 degrees F for minimum 15 secs 6.) Serve over 1/4 C Cooked rice	150430
SAUCE SWT & SOUR 12-52Z GFS	3 #5 CAN		219096
RICE PARBL LONG GRAIN 6-10 PRDCR	25 Cup	ONVENTIONAL OVEN 350°F 25-30 MINUTES. CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES	699181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	323.65		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	48.00mg		
Sodium	293.12mg		
Carbohydrates	51.49g		
Fiber	0.00g		
Sugar	11.93g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.26mg	Iron	1.44mg

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

Chicken Parmesan

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	80 Each	1.) Place chicken breasts on flat sheet pan. Cover with spaghetti sauce (approximately 1/4 Cup Each) 2.) Bake in oven on 350 degrees for approximately 15 minutes. 3.) Remove and add Parmesan cheese (approximately 1/4 Cup each) 4.) Return to oven for approximately 5 minutes CCP: Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs.	152121
SAUCE SPAGHETTI NSA 6- 106Z CONAG	2 1/2 #10 CAN		267400
CHEESE PARM SHRD FCY 5-3 GRAN	3 Pound	(1 package = 3 pounds)	256455

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	192.40
Fat	5.84g
SaturatedFat	2.80g
Trans Fat	0.00g
Cholesterol	57.60mg
Sodium	414.60mg
Carbohydrates	9.69g
Fiber	1.94g
Sugar	5.17g
Protein	23.69g
Vitamin A	48.00IU
Vitamin C	0.00mg
Calcium	194.83mg
Iron	1.27mg

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

Open Face Roast Beef Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST ITAL SLCD CKD W/GRVY 22	510 Ounce	1.) Arrange Texas Toast on flat sheet pan. 2.) Place 5.1 oz Roast Beef on each slice toast. 3.) Bake on 450 degrees F for 5-10 minutes or until heated through Gravy: Heat to 160 degrees Serve: 1 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy	495581
POTATO PRLS EXCEL 12- 28Z BAMER	25 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BREAD GARL TX TST SLC WGRAIN 12-12CT	150 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	644802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.03

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	440.00
Fat	11.11g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1886.43mg
Carbohydrates	56.50g
Fiber	4.36g

Sugar	1.50g
Protein	28.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.57mg	Iron 4.16mg

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

Mom's Goulash

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	22 3/4 Pound	1.) Brown ground beef in tilt skillet with onions and peppers. Drain. CCP: Cook beef to an internal temperature of 165 degrees F or greater for minimum 15 secs. 2.) Add Garlic, Paprika, Tomatoes, Bay Leaves, and Ketchup. Bring to simmer for 20 minutes. 3.) Cook macaroni according to directions. 4.) Combine all and simmer for additional 15-20 minutes.	110520
ONION DEHY SUPER TOPPER 6-2 P/L	6 Cup		223255
PEPPERS GREEN DCD 1/4 2-3 RSS	6 Cup		198331
TOMATO DCD I/JCE CALIF 6-10 GFS	4 #10 CAN		100366
SPICE PAPRIKA 16Z TRDE	2 1/2 Cup		518331
SPICE BAY LEAF WHOLE 2Z TRDE	12 Each		273937
KETCHUP LO SOD 2-1.5GAL REDG	6 Cup	READY_TO_EAT None	645922
GARLIC CRSHD IN OIL 6-32Z	1/2 Cup		907993
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	50 Cup	Boil 1 Gallon of water per pound of pasta. Cook for approximately 8-10 minutes until tender. Drain.	229951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	329.93
Fat	13.02g
SaturatedFat	4.01g
Trans Fat	2.00g
Cholesterol	52.08mg
Sodium	499.87mg
Carbohydrates	31.44g
Fiber	4.87g
Sugar	8.73g
Protein	19.36g

Vitamin A	2101.87IU	Vitamin C	13.14mg
Calcium	38.31mg	Iron	2.31mg

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

Seasoned Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	4 #10 CAN	1.) Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs CCP: Hold at 135 degrees or higher for hot holding.	118737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.52
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.85mg		
Carbohydrates	4.14g		
Fiber	2.07g		
Sugar	2.07g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.04mg	Iron	0.41mg

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

Celery Sticks with Ranch

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	50 Cup	1.) Celery sticks are ready to eat. Portion into 1/2 Cup Servings with ranch cups.	781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	100 Each		499521

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	205.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.00mg

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

Creamy Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	2 1/2 Package) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs. CCP: Hold at 135 degrees or greater	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.01		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.04mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

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

Cooked Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED 30 GCHC	8 1/4 #10 CAN	1.) Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program. 2.) Cook to an internal temperature of 165 degrees F for minimum 15 secs CCP: Hold at 135 degrees or greater	285750
SUGAR BROWN LT 12-2 P/L	1 Package		860311
BUTTER ALT LIQ NT 3-1GAL GCHC	1 1/2 Cup		614640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	105.37		
Fat	3.36g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	90.86mg		
Carbohydrates	18.83g		
Fiber	4.78g		
Sugar	14.05g		
Protein	1.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.94mg	Iron	0.57mg

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

Homestyle Chicken Casserole

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	1.) Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs. 2.) Combine all ingredients in deep full steam table pan. 3.) Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions	110530
STUFFING MIX TRAD 12-31.13Z GCHC	50 Cup		455770
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	4 Cup		448010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	210.58
Fat	4.08g
SaturatedFat	0.78g
Trans Fat	0.00g
Cholesterol	43.97mg
Sodium	773.29mg
Carbohydrates	25.86g
Fiber	1.00g
Sugar	3.28g
Protein	16.44g
Vitamin A 171.01IU	Vitamin C 1.20mg

Calcium	40.00mg	Iron	1.44mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Stir Fry Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18455

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	50 Cup	1.) Place vegetables in deep steam table pan. 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F. Serve in half cup portions	440884

Preparation Instructions

- 1.) Place vegetables in deep steam table pan.
 - 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F.
- Serve in half cup portions
CCP: Hold for Hot Service at 135 degrees F or greater

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sweet Potato Waffle Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT CRISSCUT 5-3 LAMB	100 Cup	1.) Lay flat on sheet pan. 2.) Bake in oven on 350 until crisp.	799700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	252.01		
Fat	10.00g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	285.61mg		
Carbohydrates	38.00g		
Fiber	3.40g		
Sugar	8.00g		
Protein	3.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.60mg	Iron	0.84mg

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

Egg Rolls

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18458

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	100 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.10mg

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

Corn and Black Bean Fiesta

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	100 Cup	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.26
Starch	0.26

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	151.52		
Fat	3.79g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.12mg		
Carbohydrates	24.24g		
Fiber	6.06g		
Sugar	7.58g		
Protein	6.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	1.52mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pico De Gallo

Servings:	100.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 6X7 MED 25 MRKN	25 Cup	1.) Chop tomatoes 2.) Combine all ingredients	315133
ONION RED DCD 1/4 2-5 RSS	4 Cup		429201
ONION GREEN DCD 1/4 2-3 P/L	1 Cup		319228
CILANTRO CLEANED 4-1 RSS	3 Cup		219550
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
SPICE PEPR BLK REST GRIND 5 TRDE	1 Teaspoon		242179
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	10.09		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.11mg		
Carbohydrates	2.32g		
Fiber	0.58g		
Sugar	1.43g		
Protein	0.42g		
Vitamin A	386.95IU	Vitamin C	6.39mg
Calcium	7.93mg	Iron	0.14mg

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

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	4 #10 CAN	1.) Ready to use	293962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.07
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	144.85		
Fat	2.07g		
SaturatedFat	0.52g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	548.37mg		
Carbohydrates	23.80g		
Fiber	6.21g		
Sugar	1.03g		
Protein	8.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.56mg	Iron	2.07mg

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

Potato Wedges

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	50 Cup	1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached	457558

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	269.99mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.00mg	Iron	0.70mg

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

Key West Veggies

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KEY WEST 6-4 FLAVRPAC	100 Cup	1.) Place in deep steam pan 2.) Cook in combi using programmed frozen vegetable setting.	164090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	45.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.88mg		
Carbohydrates	9.09g		
Fiber	3.03g		
Sugar	3.03g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

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

Tater Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	50 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	130.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.00mg

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

Normandy Vegetable

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND NORMANDY 12-2 GCHC	50 Cup	1.) PLace in a deep steam table pan 2.) Steam in combi using programmed frozen vegetable setting.	170615

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	4.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.97mg		
Carbohydrates	0.50g		
Fiber	0.15g		
Sugar	0.33g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	3.12mg	Iron	0.06mg

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

Carrots with Ranch

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT LO SOD 200-12GM GCHC	100 Each		699981
CARROT BABY WHL CLEANED 12-2 RSS	12 1/2 Package		510637

Preparation Instructions

1.) Carrots are ready to eat. Portion into half cup servings and serve with ranch

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	74.50
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	135.00mg
Carbohydrates	12.68g
Fiber	3.56g
Sugar	6.36g
Protein	0.00g
Vitamin A 21400.00IU	Vitamin C 7.80mg
Calcium 45.36mg	Iron 0.36mg

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

Curly Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18484

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	13 1/2 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.42		
Fat	3.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.98mg		
Carbohydrates	15.07g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.05mg	Iron	0.20mg

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

Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	3 1/4 Gallon	1.) Place in deep steam table pan. 2.) Cook in combi oven utilizing programmed frozen vegetable setting.	120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.52

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.68		
Fat	1.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.04mg		
Carbohydrates	16.64g		
Fiber	2.08g		
Sugar	3.12g		
Protein	2.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Italian Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18486

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL 30 GCHC	75 Cup	1.) Place in deep steam table pan. 2.) Cook in combi on programmed frozen vegetable setting	285670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	125.00IU	Vitamin C	5.00mg
Calcium	0.00mg	Iron	0.40mg

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

California Veggies

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18487

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLEND CALIF 6-4 GCHC	50 Cup	1.) Place in a deep steam pan 2.) Steam in combi on programmed frozen vegetable setting.	610891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	12.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	2.50g		
Fiber	1.50g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

Midori Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND MIDORI 6-2.5 GCHC	3 3/4 Package		147240

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.25		
Fat	0.98g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.50mg		
Carbohydrates	3.41g		
Fiber	0.98g		
Sugar	0.98g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	0.34mg

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

Roasted Red Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN ROSMRY GARL RSTD 4-4	4 1/2 Package		178522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.52

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.78		
Fat	0.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	88.93mg		
Carbohydrates	13.60g		
Fiber	1.05g		
Sugar	1.05g		
Protein	2.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.38mg

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

Crinkle Cut Sweet Potato Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18491

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	1 1/3 Package		628100

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	170.10		
Fat	6.38g		
SaturatedFat	1.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	255.16mg		
Carbohydrates	25.52g		
Fiber	1.06g		
Sugar	7.44g		
Protein	1.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.89mg	Iron	0.53mg

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

Creamy Coleslaw

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	50 Cup	Combine all ingredients (About 1 cup of dressing and mayo per 1 bag of slaw).	293148
DRESSING SALAD LT 4-1GAL GCHC	1 1/2 Cup		429422
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup		429406
SUGAR CANE GRANUL 25 GCHC	1/4 Cup		108642
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/8 Cup		629640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	23.31		
Fat	0.84g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	39.60mg		
Carbohydrates	3.83g		
Fiber	0.67g		
Sugar	1.87g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.48mg	Iron	0.00mg

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

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18556

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	50 Cup	Heat and Serve	822477

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

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

Waldorf Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Gallon	1.) Chop celery into 1/4 inch slices 2.) Chop spinach into bite size pieces 3.) Combine all ingredients and mix gently in a large deep pan	781592
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Gallon		329401
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	20 Package		636402
YOGURT VAN L/F PARFPR 6-4 YOPL	2 1/4 Quart		811500
APPLE DCD W/P 6-10 GFS	2 #10 CAN		117803

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.27
Grain	0.00
Fruit	0.10
GreenVeg	0.08
RedVeg	0.00
OtherVeg	0.16
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	73.62		
Fat	0.13g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.35mg		
Carbohydrates	18.13g		
Fiber	1.92g		
Sugar	14.09g		
Protein	1.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.78mg	Iron	0.16mg

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

Cheesy Broccoli and Cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	50 Cup	1.) Combine broccoli and Cauliflower in deep steam pan. Cover with cheese. 2.) Steam in combi on frozen vegetable program. 3.) Stir and serve.	285590
CAULIFLOWER IQF 30 GCHC	50 Cup		285600
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	54.17
Fat	2.25g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	6.25mg
Sodium	132.50mg
Carbohydrates	5.83g
Fiber	3.00g
Sugar	1.92g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.58mg	Iron 0.67mg

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

Cheesy Broccoli and Cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	50 Cup	1.) Combine broccoli and Cauliflower in deep steam pan. Cover with cheese. 2.) Steam in combi on frozen vegetable program. 3.) Stir and serve.	285590
CAULIFLOWER IQF 30 GCHC	50 Cup		285600
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	54.17		
Fat	2.25g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	6.25mg		
Sodium	132.50mg		
Carbohydrates	5.83g		
Fiber	3.00g		
Sugar	1.92g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.58mg	Iron	0.67mg

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

Southern Style Greens

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GREENS TURNIP CHPD 6-10 P/L	4 #10 CAN	Heat and serve	211380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.03mg		
Sodium	15.52mg		
Carbohydrates	4.14g		
Fiber	2.07g		
Sugar	0.00g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.08mg	Iron	0.74mg

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

Broccoli Casserole

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	6 1/4 Gallon	BAKE	285590
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Quart		150250
EGG SHL MED A GRD 6-30CT GCHC	2 Quart		206547
BREAD CRUMB FINE UNSEAS 20 GCHC	3 Quart		175671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.40
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	128.26
Fat	3.92g
SaturatedFat	2.48g
Trans Fat	0.00g
Cholesterol	15.30mg
Sodium	204.29mg
Carbohydrates	17.15g
Fiber	4.34g
Sugar	1.81g
Protein	8.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.91mg	Iron 1.48mg

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

Soup Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	4 #10 CAN	Heat and serve	261475

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	124.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.85mg		
Carbohydrates	21.73g		
Fiber	5.17g		
Sugar	1.03g		
Protein	7.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.46mg	Iron	2.07mg

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

Steamed Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 6-4 GCHC	3 1/2 Package		610871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.01
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	99.35
Fat	1.08g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	91.81mg
Carbohydrates	18.85g
Fiber	11.44g
Sugar	5.38g
Protein	10.77g
Vitamin A 3953.06IU	Vitamin C 215.63mg
Calcium 214.09mg	Iron 3.10mg

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

Baked Potato

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 90CT MRKN	100 Each	1.) Preheat oven to 350 degrees F 2.) Rinse potatoes thoroughly 3.) Place potatoes on baking pans 4.) Cook in oven for 30 - 45 mins or until tender	233277

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.83		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	5.00g		
Fiber	0.63g		
Sugar	0.33g		
Protein	0.57g		
Vitamin A	0.57IU	Vitamin C	5.58mg
Calcium	3.40mg	Iron	0.22mg

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

Fresh Orange

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	100 Each		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	44.10		
Fat	0.25g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.50g		
Fiber	2.25g		
Sugar	0.00g		
Protein	0.95g		
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

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

Sweet Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GCHC	4 #10 CAN	Ready to Eat	224448

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.55g		
Fiber	1.03g		
Sugar	15.52g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.03mg	Iron	0.00mg

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

Tropical Fruit Salad

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18571

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL TROP IN JCE 6-10 GCHC	4 #10 CAN	Ready to Eat	614556

Preparation Instructions

Ready to Eat

CCP: Safe food handling for ready to eat foods: wash hands, clean gloves.

CCP: Hold for cold service at 41 degrees or below

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	46.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.58g		
Fiber	1.54g		
Sugar	10.81g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

Red Delicious Apple

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 1-138CT MRKN	100 Piece		256662

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Seedless Grapes

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18573

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES FRSH SEEDLESS 64-2.25Z P/L	200 Each	Ready to Eat	158901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.40mg		
Carbohydrates	20.00g		
Fiber	0.80g		
Sugar	16.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.56mg	Iron	0.00mg

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

Pineapple Tidbits

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	4 #10 CAN	Ready to eat	612464

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.58g		
Fiber	0.77g		
Sugar	10.81g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	100 Each	Ready to eat	197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Strawberries

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	100 Each	Thaw and Eat	655010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Peach Cup

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18577

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP 96-4.4Z COMM	100 Each	Thaw and Serve	232470

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mixed Fruit

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED XL/S 6-10 COMM	4 #10 CAN	Ready to eat	120520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.17mg		
Carbohydrates	15.52g		
Fiber	1.03g		
Sugar	12.42g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Pears

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD 6-10 COMM	4 #10 CAN	Ready to eat	110680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.17mg		
Carbohydrates	15.52g		
Fiber	2.07g		
Sugar	12.42g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sliced Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD 6-10 COMM	4 #10 CAN	Ready to eat	110710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	14.49g		
Fiber	0.00g		
Sugar	11.38g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Applesauce

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	100 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	100 Each	Warm and serve	112401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

Tortilla Chips

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18583

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

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

Sundried Tomato Basil Wrap

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18584

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA TOM BASL WGRAIN 9 12-12CT	100 Each	MICROWAVE After product has reached room temperature, fluff and individually separate each tortilla. Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times). Grill: Heat grill to 400°F. Heat tortillas on each side for five seconds. STEAM After product has reached room temperature, fluff and individually separate each tortilla. Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours. UNPREPARED	673502

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.00mg	Iron	2.00mg

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

Bosco Stick

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 6-8 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none">1. Preheat oil to 350° F.2. THAWED: 1-2 minutes.3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before cooking.2. Keep Bosco Stick breadsticks covered while thawing.3. Bosco Stick breadsticks may be thawed in packaging.4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	1.00

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	3.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	1.00g
Protein	6.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

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

Cornbread

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	100 Piece		579785

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.24g		
Cholesterol	40.00mg		
Sodium	260.00mg		
Carbohydrates	25.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Crackers

Servings:	100.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18587

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER WHE WHL 300-2CT WESTMINSTER	200 Package		198322

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	64.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

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

Cheesy Egg Omelet

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	300.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

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

Salad with Egg Box

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.88
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Sugar	7.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 291.50mg	Iron 6.82mg

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

Side Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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

Chicken Biscuit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Calcium	141.00mg	Iron	2.60mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Breakfast Pizza

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

Ingredients

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

Preparation Instructions

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

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

CCP: Hold for hot service at 135° or higher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	350.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	5.00g
Protein	9.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	146.00mg	Iron	1.90mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Breakfast Burrito

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 500.00IU	Vitamin C 15.00mg
Calcium 100.00mg	Iron 1.80mg

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

Sausage Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	100 Each	<p>BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21-25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20-22 minutes in a convection oven.</p>	269210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	31.00g		
SaturatedFat	11.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	500.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	80.00mg	Iron	1.80mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Twisted Bread Stick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	150.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Hot Dog

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	17.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	715.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Mini Burgers

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	329.99		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	479.99mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.70mg

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

Steamed Cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19378
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER IQF 30 GCHC	50 Cup	Steam in combi oven on frozen vegetable program	285600

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.50mg	Iron	0.00mg

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

HeadStart Open Face Roast Beef Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19420
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862
BEEF RST ITAL SLCD CKD W/GRVY 22	383 Ounce	1.) Arrange Texas Toast on flat sheet pan. 2.) Place 5.1 oz Roast Beef on each slice toast. 3.) Bake on 450 degrees F for 5-10 minutes or until heated through Gravy: Heat to 160 degrees Serve: 1 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy	495581
POTATO PRLS EXCEL 12- 28Z BAMER	1/2 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.50 Ounce

Amount Per Serving			
Calories		174.12	
Fat		5.81g	
SaturatedFat		2.13g	
Trans Fat		0.00g	
Cholesterol		33.79mg	
Sodium		687.61mg	
Carbohydrates		10.80g	
Fiber		1.06g	
Sugar		0.00g	
Protein		17.13g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.57mg	Iron	2.37mg

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

Yogurt Parfait with Granola

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20314
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	33 1/2 Cup	READY_TO_EAT	811500
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	38 1/4 Cup	READY_TO_EAT	812821
PEACH DCD 6-10 COMM	4 #10 CAN		110700

Preparation Instructions

- 1.) Place 1/2 C Granola in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	262.68
Fat	1.93g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	99.41mg
Carbohydrates	57.39g
Fiber	3.32g
Sugar	34.73g
Protein	5.35g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	90.00mg	Iron	0.82mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Headstart Sloppy Joe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20343
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE 4-10 MANWICH	2 #10 CAN		860166
BUN HAMB WHT WHE 4" 10- 12CT ALPH	100 Each		248151
BEEF GRND 40 COMM	17 Pound	CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	110520

Preparation Instructions

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

Serve:

- 1.) Place 1.5 oz Manwich Beef on (1) one whole grain bun. Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	308.96
Fat	10.98g
SaturatedFat	2.99g
Trans Fat	1.50g
Cholesterol	38.92mg
Sodium	608.17mg
Carbohydrates	34.28g

Fiber	5.07g		
Sugar	9.21g		
Protein	17.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.80mg

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

Green Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20406
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	4 #10 CAN		256935

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.43		
Fat	0.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.85mg		
Carbohydrates	12.42g		
Fiber	3.10g		
Sugar	6.21g		
Protein	4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.45mg

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

Head Start Tex-Pro Taco

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20549
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	11 1/2 Pound	1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water. 3) Bring to boil - allow to simmer 5 minutes - stir frequently to prevent scorching 4) Hold at 135 degrees F or greater for hot service	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	12 1/4 Cup		150250

Preparation Instructions

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil - allow to simmer 5 minutes - stir frequently to prevent scorching

CCP: Cook beef to an internal temperature of 165 degrees F doe 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving	
Calories	205.12
Fat	12.76g
SaturatedFat	4.97g
Trans Fat	1.01g
Cholesterol	41.03mg
Sodium	497.20mg
Carbohydrates	9.58g
Fiber	3.03g

Sugar	3.03g		
Protein	15.82g		
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	142.96mg	Iron	0.76mg

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

Walking Chili Cheese Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22840
School:	Owsley County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH 2-8 GCHC	50 Cup	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED 6-5 JTM	137 Ounce		271081
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package		815803
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Each		818222

Preparation Instructions

- 1.) Warm chili and cheese per instructions
- 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	376.30		
Fat	16.52g		
SaturatedFat	5.71g		
Trans Fat	0.00g		
Cholesterol	38.58mg		
Sodium	890.13mg		
Carbohydrates	40.01g		
Fiber	5.00g		
Sugar	4.75g		
Protein	15.77g		
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	207.05mg	Iron	1.90mg

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

Shoe String French Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22849
School:	Owsley County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4 SS XLNG 6-4.5 MCC	300 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	200611

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	100.00		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mini Corn Dogs

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	600 Each	CONVENTIONAL OVEN 375 DEGREES 14 16 MINUTES	864190

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories	300.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	400.00mg		
Carbohydrates	36.00g		
Fiber	7.00g		
Sugar	7.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

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

Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE LASAGNA MT & SCE 6-6 GCHC	1 1/5 Package		195456

Preparation Instructions

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325°F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375°F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Meal Components (SLE)

Amount Per Serving

Meat	2.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.58
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.25 Cup

Amount Per Serving	
Calories	310.94
Fat	12.67g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	40.31mg
Sodium	806.14mg
Carbohydrates	32.25g
Fiber	3.45g
Sugar	9.21g
Protein	18.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.26mg	Iron 2.30mg

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

Corn on the Cob

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30639

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS 5.5" 48CT GFS	100 Each		303593

Preparation Instructions

Boil Corn until tender

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	0.00mg	Iron	0.00mg

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Apple Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	200 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	40.00mg
Calcium	40.00mg	Iron	0.00mg

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

Sliced Ham

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKHSE FLT W/A SLCNG 2PC GCHC	1 5/9 Package		605301

Preparation Instructions

TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	99.81		
Fat	3.99g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	44.91mg		
Sodium	978.12mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	13.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

BBQ Rib Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	590.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	9.00g
Protein	19.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	60.00mg
Iron	11.08mg

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

Head Start Chicken Patty on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30698
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Buns	100 Each	READY_TO_EAT	78700-80021-32RI1
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622

Preparation Instructions

- 1.) Preheat oven to 375 degrees F
 - 2.) Place chicken patties in steam table pan
 - 3.) Bake 6-8 mins until internal temperature @ 165 degrees F
- CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds
- CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

- 4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	16.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	730.00mg
Carbohydrates	45.00g

Fiber	4.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	3.60mg

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

Walking Chili Cheese Crackers

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30871
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH 2-8 GCHC	50 Cup	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED 6-5 JTM	137 Ounce		271081
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package		815803
CRACKER SALTINE MINI WGRAIN 300-.39Z	200 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	381.30		
Fat	16.02g		
SaturatedFat	5.21g		
Trans Fat	0.00g		
Cholesterol	38.58mg		
Sodium	930.13mg		
Carbohydrates	40.01g		
Fiber	3.50g		
Sugar	4.75g		
Protein	16.27g		
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	247.05mg	Iron	2.70mg

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

Yogurt Parfait with Cheerios

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31220
School:	Owsley County Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	33 1/2 Cup	READY_TO_EAT	811500
PEACH DCD 6-10 COMM	4 #10 CAN		110700
CEREAL CHEERIOS BULK 4-29Z GENM	150 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	455873

Preparation Instructions

- 1.) Place 1-1/2 C Cheerios in Parfait Cup
 - 2.) Add 1/2 C Yogurt to Parfait Cup
 - 3.) Add 1/2 C Fruit to Parfait Cup
- CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	277.08
Fat	3.00g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	235.17mg
Carbohydrates	58.99g
Fiber	5.03g
Sugar	26.45g
Protein	7.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 220.00mg **Iron** 12.60mg

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

Head Start Tex-Pro Chili

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31272
School:	Owsley Count Elementary Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	17 Pound	Place ground beef in tilt skillet. Heat over medium-high heat uncovered until cooked well done and brown. Stir frequently. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds. Drain.	
TOMATO PASTE 26 6-10 GCHC	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF 6-4 GCHC	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT 6-10 GCHC	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.04
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	316.16
Fat	10.48g
SaturatedFat	2.99g
Trans Fat	0.00g
Cholesterol	37.42mg
Sodium	848.89mg
Carbohydrates	36.33g

Fiber	11.90g		
Sugar	7.87g		
Protein	22.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.29mg	Iron	4.14mg

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