

Cookbook for Marshall County High School

Created by HPS Menu Planner

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Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID.	735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO CHERRY 11 MRKN	1/4 Cup	WASH VEGETABLES AND DRAIN	569551
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451

Preparation Instructions

BEFORE HANDLING FOOD AND/OR EQUIPMENT ALWAYS WASH HANDS FOR AT LEAST 30 SECONDS WITH SOAP.

OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID. THEN WASH REMAINING VEGETABLES AND DRAIN. THEN ADD VEGETABLES TO LETTUCE.

CUP UP 2 OZ OF HAM

CUP UP 1 OZ OF CHEESE

AND PLACE IN DELI BOX UNTIL SERVED.

PLACE 2 PKS OF CRACKERS WITH SALAD

CCP: REFRIGERATE UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	2.64
Grain	1.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.03
Fat	11.75g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	49.51mg
Sodium	1006.83mg
Carbohydrates	40.12g
Fiber	6.58g
Sugar	11.82g
Protein	21.45g
Vitamin A 12341.13IU	Vitamin C 48.85mg
Calcium 79.37mg	Iron 2.56mg

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CEREAL CINN TOAST CRNCH 4-45Z GENM	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	729515
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

OPEN YOGURT BAG AND SQUEEZE PRODUCT INTO 4 OZ CONTAINER. OPEN CEREAL AND USING A 3/4 CUP SCOOP PUT CEREAL INTO CONTAINER. OPEN FRUIT. PLACE FRUIT IN STRAINER TO DRAIN THEN USING A 4 OZ DIPPER PLACE INTO CONTAINER. PLACE 1 PIECE OF STRING CHEESE, YOGURT, CEREAL, AND FRUIT INTO EKON-O-BAG. SEAL BAG.

CCP: HOLD FOR COLD SERVICE AT 41* F OR LOWER

CCP: REFRIGERATE UNTIL SERVED

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	306.94
Fat	6.75g
SaturatedFat	2.37g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	432.20mg
Carbohydrates	48.88g
Fiber	1.50g
Sugar	26.42g
Protein	12.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 429.83mg	Iron 2.70mg

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Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	4 Ounce		779160
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Slice		710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

CCP: before handling food and/or equipment always wash hands for at least 30 seconds with soap.

ON A SHEET PAN PLACE BREAD AND HAM AND CHEESE ON BREAD- PLACE THE OTHER SLICES OF BREAD ON TOP. THEN WRAP IN A COLD BAG. PLACE IN DELI COOLER.

CCP: COOL TO 41* F OR LOWER WITHIN 4 HOURS.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	335.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	1225.00mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	8.50g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.50mg	Iron 2.72mg

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Blueberry Pop-tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11875

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	363.00
Fat	5.50g
SaturatedFat	1.80g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	76.00g
Fiber	5.60g
Sugar	30.00g
Protein	4.30g

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

Calcium 200.00mg **Iron** 3.60mg

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Frosted Cinnamon Pop-Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11876

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	371.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	397.00mg
Carbohydrates	76.00g
Fiber	5.60g
Sugar	31.00g
Protein	4.80g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

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Frosted Fudge Pop-Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11877

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	370.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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Strawberry Pop-Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11878

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	354.00
Fat	5.50g
SaturatedFat	1.80g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	371.00mg
Carbohydrates	76.00g
Fiber	5.60g
Sugar	30.00g
Protein	4.20g

Vitamin A	220.00IU	Vitamin C	0.00mg
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Calcium	260.00mg	Iron	3.60mg
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Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
SUGAR POWDERED 6X 25 GCHC	1 Teaspoon		108693

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	310.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	45.50g		
Fiber	3.00g		
Sugar	14.42g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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Bacon, Eggs & Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	3 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
BACON CKD SLCD 2- 150CT ARM	2 Slice		563315
BREAD WHL WHE PULLMAN SLCD 12- 22Z	1 Each		710650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	258.33
Fat	14.00g
SaturatedFat	4.67g
Trans Fat	0.00g
Cholesterol	295.00mg
Sodium	690.00mg
Carbohydrates	15.67g
Fiber	2.00g
Sugar	1.67g
Protein	15.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 95.55mg	Iron 1.15mg

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Pancake & Sausage on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	PREFERRED METHOD FOR COOKING IS THAWED. MICROWAVE: THAWED, 30 SECONDS. FROZEN, 55 SECONDS. CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES. CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.	497202

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: 1.00

Serving Size: 1.00 Serving

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

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Chicken N Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11885

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN 2.2Z 6-5#	1 Piece	Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.	535474
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00
Fat	14.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	650.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 5.08mg

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Tornado

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11886

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST BCN EGG&CHS 3-8CT RUIZ	1 Each		149311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
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

Apple Cinnamon Texas Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	260.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	290.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	17.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.00mg	Iron 3.00mg

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

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11899
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6- 7.25#	4 Ounce		556952
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.22
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	328.89
Fat	7.83g
SaturatedFat	1.56g
Trans Fat	0.00g
Cholesterol	44.44mg
Sodium	641.11mg
Carbohydrates	46.56g
Fiber	3.00g
Sugar	17.44g
Protein	16.22g
Vitamin A 0.00IU	Vitamin C 1.33mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

Calories	290.03
Fat	6.91g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	39.19mg
Sodium	565.36mg
Carbohydrates	41.05g
Fiber	2.65g
Sugar	15.38g
Protein	14.31g
Vitamin A 0.00IU	Vitamin C 1.18mg
Calcium 26.46mg	Iron 1.68mg

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

Salisbury Steak & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CHARB 72-2.25Z ADV	1 Each	BAKE Conventional oven: frozen product: preheat oven to 375 degrees f. Heat for 16 1 2 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 13-15 minutes.	485615
GRAVY MIX BROWN 8-13.37Z TRIO	1 Tablespoon		741141

Preparation Instructions

BEEF: PUT 40 PATTIES ON A LINED SHEET PAN. BAKE AT 325 FOR APPROX. 10 MINUTES. TEMPERATURE SHOULD BE 165. REMOVE FROM PAN AND PUT IN SHALLOW PAN. POUR BEEF GRAVY OVER TOP AND HOLD ON LINE OR WARMER COVERED.

CCP: Heat to 145° F or higher for 3 minutes

GRAVY: BRING 1 GALLON OF WATER TO A BOIL. ADD 1 PACKAGE GRAVY MIX AND MIX WITH WIRE WHIP.

CCP: Heat to 145° F or higher for 3 minutes

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	12.75g		
SaturatedFat	5.00g		
Trans Fat	0.50g		
Cholesterol	30.00mg		
Sodium	730.00mg		
Carbohydrates	6.50g		
Fiber	1.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.34mg

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

Pear Halves

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES XL/S 6-10 GCHC	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	224421

Preparation Instructions

OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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: 1.00

Serving Size: 1.00

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	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

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

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	268348

Preparation Instructions

OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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: 1.00

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	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

LINED FULL SIZE SHEET PAN WITH PARCHMENT PAPER AND SPAY THE PAPER WITH BUTTERY SPRAY 1/3 SECOND SPRAY. THEN PLACE BREAD SLICES ONTO PARCHMENT. ADD 4 SLICES OF CHEESE TO ONE SLICE OF BREAD AND TOP WITH ANOTHER SLICE.. TOP WITH BUTTER SPRAY AND PLACE INTO OVEN AND TOAST UNTIL BREAD IS LIGHTLY BROWN AND CHEESE IS MELTED AND SERVE.

CCP: Hold for hot service at 135° F or higher

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	400.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1110.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	Iron 2.00mg

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

Meatball Sub with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop Ready to Use	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #8 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.00		
Fat	17.50g		
SaturatedFat	7.50g		
Trans Fat	0.60g		
Cholesterol	51.00mg		
Sodium	784.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	321.00mg	Iron	3.00mg

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

2 - Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12961

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	440.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	620.00mg
Carbohydrates	54.00g
Fiber	2.00g
Sugar	2.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.00mg

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

Brown Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	0/1 Teaspoon		299405
SALT IODIZED 25 CARG	0/1 Teaspoon		108286

Preparation Instructions

Bring 3 quarts of water to a boil.

Place 1 quart 1/2 cup of brown rice (1lb 13oz) in each steam table pan (12"x20"x2 1/2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Or use 1 - 4" steam table pan.

Add butter to rice.

Pour boiling water over brown rice. Stir. Cover pan tightly.

Bake:

Convectional oven: 350 degrees F for 40 minutes.

Convection oven: 325 degrees F for 40 minutes.

Steamer: 5 lb pressure for 25 minutes.

Remove cooked rice from oven and let stand covered for 5 minutes. Stir Rice.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 140 degrees F or higher.

Portion with #8 scoop (1/2 cup)

TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	340.33		
Fat	3.04g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	23.51mg		
Carbohydrates	72.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.09mg	Iron	2.00mg

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

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12963

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

CCP: Heat to 145° F or higher for 3 minutes

PULL & THAW BROCCOLI INTO HOTEL PANS.

PLACE THAWED BROCCOLI IN PERFORATED PANS AND PLACE IN STEAMER. COOK FOR 10 MINS

CCP: Before handling food and or/equipment always wash hands for at least 30 seconds with soap.

PLACE BAG OF CHEESE IN PERFERATED PAN INTO STEAMER FOR 15 MINS

PLACE BROCCOLI INTO HOTEL PAN AND POUR CHEESE OVER AND MIX WELL. PLACE ON SERVING LINE TO SERVE.

PORTION WITH NO. 8 SCOOP (1/2 CUP)

*** If commodity broccoli is not available...order GFS broccoli - #610902

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	86.80
Fat	4.80g
SaturatedFat	2.80g
Trans Fat	0.01g
Cholesterol	14.50mg
Sodium	240.25mg
Carbohydrates	5.50g
Fiber	3.05g
Sugar	1.00g
Protein	6.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 0.00mg

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

Chicken Fajitas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12973

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
CHIX FAJT 30 COMM	3 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 °F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 °F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 °F.	154900

Preparation Instructions

TAKE 1 BAG OF CHICKEN AND PLACE IN STEAM TABLE PAN. HEAT UNTIL DESIRED TEMP OF 165°.

PLACE TORTILLA ON FLAT SHEET PAN AND PLACE IN WARMER UNTIL SERVE.

PUT TORTILLA IN A BOWL -SCOOP 3.6 OZS OF COOKED MEAT MIXTURE (TO YIELD 2 OZ PORTION) ONTO TORTILLA AND SERVE.

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.76
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	379.25
Fat	17.13g
SaturatedFat	8.86g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1151.21mg
Carbohydrates	26.76g
Fiber	2.10g
Sugar	3.76g
Protein	26.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.00mg	Iron 1.44mg

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

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15267
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4 SS XLNG 6-4.5 MCC	1/2 Cup	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. 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.	200611

Preparation Instructions

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.

Place 4 ozs of fries onto a 6 oz OVS container and place on serving line.

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	0.44

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	66.67		
Fat	2.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.33mg		
Carbohydrates	11.33g		
Fiber	0.67g		
Sugar	0.00g		
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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19338

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Slice		729981
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	422.75
Fat	19.01g
SaturatedFat	8.41g
Trans Fat	0.09g
Cholesterol	31.88mg
Sodium	957.01mg
Carbohydrates	40.00g
Fiber	2.70g
Sugar	10.00g
Protein	21.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 435.31mg	Iron 2.30mg

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

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	18.10
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.25mg
Carbohydrates	3.75g
Fiber	1.55g
Sugar	2.25g
Protein	1.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 20.50mg	Iron 0.48mg

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

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon		429406
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 Cup		293148
SUGAR CANE GRANUL 25 GCHC	1 Tablespoon		108642

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	84.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	62.00mg		
Carbohydrates	19.33g		
Fiber	1.33g		
Sugar	14.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.01mg	Iron	0.02mg

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

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	1 Serving	1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature. 2. Heat in oven at 375 F for 2-3 minutes. 3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool. Keep frozen at 0F (-18C) or below.	839520
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon	STIR GLAZE BEFORE APPLYING TO HOT DONUTS. FOR BEST RESULTS, DONUT SURFACE SHOULD BE 180 F (82 C) OR GREATER. DIP OR POUR GLAZE OVER HOT DONUTS. ALLOW TO DRY ON COOLING RACK 10 - 15 MINUTES. SECURELY TIGHTEN LID AFTER EACH USE.	613789

Preparation Instructions

Donut:

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.
3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool.

Keep frozen at 0F (-18C) or below.

Glaze:

STIR GLAZE BEFORE APPLYING TO HOT DONUTS. FOR BEST RESULTS, DONUT SURFACE SHOULD BE 180 F (82 C) OR GREATER. DIP OR POUR GLAZE OVER HOT DONUTS. ALLOW TO DRY ON COOLING RACK 10 - 15 MINUTES. SECURELY TIGHTEN LID AFTER EACH USE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	344.99		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	319.99mg		
Carbohydrates	46.00g		
Fiber	2.00g		
Sugar	21.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Chicken Alfredo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	155661
Diced Chicken	5 Pound		
PASTA NOODL EGG 1/4 MED 2-5 KE	4 Pound		654541

Preparation Instructions

Alfredo Sauce:

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Noodles:

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

Chicken - SORT ROASTS BY WEIGHT AND DIAMETER TO FACILITATE THAWING AND/OR COOKING. ROASTS MAY BE COOKED FROZEN OR THAWED. WHEN COOKED FROM THE FROZEN STATE, THE ROASTS MAY BE MORE DIFFICULT TO SLICE; ALLOW ROASTS TO STAND 15 MINUTES, AFTER ROASTING, TO FIRM-UP, BEFORE REMOVING NETTING AND SLICING. TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAY'S USE IN NETTING IN REFRIGERATOR FOR 24 HOURS. PLACE IN SINGLE LAYERS ON SHEET PANS OR TRAYS AND SPACE ON SHELVES SO THAT AIR CAN CIRCULATE AROUND WRAPPED POULTRY. COOK WITHIN 24 HOURS AFTER THAWING. DO NOT PARTIALLY COOK ONE DAY FINISH THE NEXT. DO NOT REFREEZE AFTER THAWING OR HEATING. DO NOT WASH BEFORE COOKING. TO COOK: COOK WITH OR WITHOUT NETTING. PLACE ROASTS OF SIMILAR SIZES, THAWED OR FROZEN, IN SHALLOW ROASTING PANS. INSERT A MEAT THERMOMETER INTO THE CENTER OF ONE ROAST IN EACH PAN. BAKE AT 325* F IN EITHER A CONVECTION OVEN OR A CONVENTIONAL OVEN FOR 3-5 HOURS. COOK TURKEY PRODUCTS TO AN INTERNAL TEMPERATURE OF 165* F FOR 15 SECONDS.

JUDGE DONENESS BY TEMPERATURE, NOT THE COLOR OR TEXTURE OF THE FOOD. ROASTS WITH GREATER DIAMETER NEED TO COOK LONGER. SERVE PROMPTLY OR REFRIGERATE LEFTOVERS; USE WITHIN 2 DAYS. REHEAT TO INTERNAL TEMPERATURE OF 165* F FOR 15 SECONDS.

30 minutes prior to service combine, chicken, Alfredo sauce, pasta, mix, top with mozzarella. Place on line to serve (8oz)

Meal Components (SLE)

Amount Per Serving

Meat	3.35
Grain	1.28
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	213.46		
Fat	3.43g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	38.13mg		
Sodium	133.99mg		
Carbohydrates	28.07g		
Fiber	1.28g		
Sugar	2.64g		
Protein	15.51g		
Vitamin A	52.70IU	Vitamin C	0.00mg
Calcium	45.55mg	Iron	1.28mg

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

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Per Sandwich:

2.0 OZ SLCD HAM

1 SLICE CHEESE

2 PIECES BREAD

Meal Components (SLE)

Amount Per Serving

Meat	2.14
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.66		
Fat	7.78g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	840.33mg		
Carbohydrates	38.28g		
Fiber	4.00g		
Sugar	8.14g		
Protein	17.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

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

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	1/2 Cup	LACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285590
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

Preparation Instructions

Broccoli:

LACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE. ADD PACKAGE OF BUTTER BUDS, MIX, KEEP AT 145 DEGREES UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	19.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Meal Components (SLE)

Amount Per Serving

Meat	2.22
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

Calories	146.97		
Fat	2.94g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	39.19mg		
Sodium	274.35mg		
Carbohydrates	18.62g		
Fiber	0.00g		
Sugar	9.80g		
Protein	10.78g		
Vitamin A	0.00IU	Vitamin C	1.18mg
Calcium	0.00mg	Iron	0.71mg

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

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	4 Ounce	Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces	556952

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.22
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	188.89		
Fat	3.33g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	401.11mg		
Carbohydrates	25.56g		
Fiber	0.00g		
Sugar	14.44g		
Protein	12.22g		
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

Calories	166.57		
Fat	2.94g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	39.19mg		
Sodium	353.72mg		
Carbohydrates	22.54g		
Fiber	0.00g		
Sugar	12.74g		
Protein	10.78g		
Vitamin A	0.00IU	Vitamin C	1.18mg
Calcium	0.00mg	Iron	0.71mg

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

Stir Fry

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1 Cup	PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEAS	440884

Preparation Instructions

PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEAS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.33mg		
Carbohydrates	8.00g		
Fiber	2.67g		
Sugar	2.67g		
Protein	1.33g		
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

Ham & Turkey Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
TURKEY BRST DELI 8-5# COMM	1 Ounce		765991
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.02
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.40
Fat	9.34g
SaturatedFat	3.82g
Trans Fat	0.00g
Cholesterol	27.25mg
Sodium	714.81mg
Carbohydrates	31.34g
Fiber	2.00g
Sugar	4.32g
Protein	19.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.00mg

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

Bacon Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 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
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315

Preparation Instructions

Biscuit:

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.

Bacon:

HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	243.33
Fat	12.00g
SaturatedFat	5.67g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	630.00mg
Carbohydrates	25.67g
Fiber	1.00g
Sugar	2.67g
Protein	7.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.55mg	Iron 1.75mg

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

Crispitos & Queso

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19542

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72- 3.45Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED. Instructions are approximate. Heat until internal temperature reaches 140°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 5 1 2 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F.	616781
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	661.60
Fat	37.60g
SaturatedFat	11.60g
Trans Fat	0.01g
Cholesterol	79.00mg
Sodium	1176.50mg
Carbohydrates	47.00g
Fiber	4.10g
Sugar	2.00g
Protein	30.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 4.00mg

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

Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 4X5 VINE-RIPENED 40CT MRKN	1/4 Cup	**PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	703788

Preparation Instructions

**PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION
dice using a Sharp knife, store at 40* or below until served.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	8.10
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.25mg
Carbohydrates	1.75g
Fiber	0.55g
Sugar	1.25g
Protein	0.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 4.50mg	Iron 0.12mg

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

Mexican Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19545

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	266.67		
Fat	2.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	56.00g		
Fiber	2.67g		
Sugar	0.00g		
Protein	10.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.33mg	Iron	0.96mg

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

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19546

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

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	0.33
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.67mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.33mg

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

Nutrition - Per 100g

Calories	35.27		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	244.57mg		
Carbohydrates	7.05g		
Fiber	0.00g		
Sugar	2.35g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.35mg

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

Pizza Cruncher

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	420.00		
Fat	20.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	427.00mg	Iron	2.21mg

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

BBQ Nachos

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 1/2 Pound	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.	498702
CHIP TORTL RND YEL 5-1.5 KE	2 1/2 Pound		163020
CHEESE CHED REDC FAT SHRD 6-5 COMM	20 Ounce		448010

Preparation Instructions

BBQ:

OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.

Tortilla Chips:

HEAT IN WARMING CABINET AT 165 F FOR 1 HOUR PRIOR TO SERVING.

Once BBQ is cooked to 160^, assemble: .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.00		
Fat	19.00g		
SaturatedFat	6.25g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	485.00mg		
Carbohydrates	49.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.00mg

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

Hot Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
HAM SLCD W/A 8-5 640CT COMM	4 Slice		651470
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.

**Allergens: Milk, Soy, Wheat

Meal Components (SLE)

Amount Per Serving

Meat	2.14
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.66		
Fat	9.78g		
SaturatedFat	4.14g		
Trans Fat	0.00g		
Cholesterol	42.01mg		
Sodium	725.33mg		
Carbohydrates	36.28g		
Fiber	2.00g		
Sugar	8.14g		
Protein	16.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg

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

Chili Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830
FRANKS BEEF 6/ 2-5 GCHC	1 Each		330043

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.19
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	382.14		
Fat	24.72g		
SaturatedFat	8.58g		
Trans Fat	1.00g		
Cholesterol	60.63mg		
Sodium	873.90mg		
Carbohydrates	25.15g		
Fiber	4.37g		
Sugar	4.72g		
Protein	16.46g		
Vitamin A	429.50IU	Vitamin C	6.52mg
Calcium	49.35mg	Iron	3.05mg

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

Buffalo Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19563

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

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: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	390.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.20mg

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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	380.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	4.60mg

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

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19629

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 LAMB	4 Ounce		865881

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	0.79

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	157.48		
Fat	5.51g		
SaturatedFat	1.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	377.95mg		
Carbohydrates	26.77g		
Fiber	3.15g		
Sugar	0.00g		
Protein	3.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.17mg	Iron	0.94mg

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

Mashed Potatoes

Servings:	266.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	185 1/2 Ounce	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

Preparation Instructions

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.

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	3.03

Nutrition Facts

Servings Per Recipe: 266.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.46		
Fat	0.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.63mg		
Carbohydrates	14.93g		
Fiber	1.06g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.82mg	Iron	0.27mg

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

Cheese & Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19632

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644

Preparation Instructions

1. Put 4 slices of cheese in ekon - o -pac
2. put 2 packages of crackers in ekon-o-pac
3. seal ekon-o-pack

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1260.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 326.00mg	Iron 1.00mg

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

Smoothie

Servings:	35.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE PINEAP 100 12-46FLZ HV	96 Ounce		100676
STRAWBERRY SLCD 4+1 30 GCHC	104 Ounce		278726
YOGURT STRAWB L/F PARFPR 6-4 YOPL	282 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.69
Grain	0.00
Fruit	3.31
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 12.00 Ounce

Amount Per Serving	
Calories	721.55
Fat	1.34g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	109.21mg
Carbohydrates	165.20g
Fiber	5.94g
Sugar	136.87g
Protein	7.06g
Vitamin A 0.00IU	Vitamin C 62.40mg
Calcium 311.11mg	Iron 2.97mg

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

Nutrition - Per 100g

Calories	212.10
Fat	0.39g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.10mg
Carbohydrates	48.56g
Fiber	1.75g
Sugar	40.23g
Protein	2.08g
Vitamin A 0.00IU	Vitamin C 18.34mg
Calcium 91.45mg	Iron 0.87mg

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

Biscuit Sticks and Chocolate Gravy

Servings:	125.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	250 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
COCOA PWD BAKING 6-5 GCHC	1 3/4 Cup		269654
SUGAR CANE GRANUL 25 GCHC	4 Pound		108642
FLOUR H&R A/P 50 GCHC	1 1/4 Cup		765180
1% Low Fat White Milk	3 1/2 Quart		13871

Preparation Instructions

1. Keep biscuit dough frozen until day of service

Day of service:

1. mix 4lbs of granulated sugar, 1 1/4 cup flour, 1 3/4 cup cocoa powder in a heavy sauce pan with a wire whisk and then whisk in 14 cups (3 1/2 quarts) milk.
2. cook over medium heat stirring constantly until it becomes pudding thick. remove pan from heat and add 1/2 cup of butter and stir until melted.
3. ladle 1/4 (2oz) portions into cups and keep warm at 140^ until ready to serve.
4. pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350^ convection oven or 375^ in a conventional oven.
5. brush baked sticks with butter or oil and place in a 140^ warmer until ready to serve
6. serve 2 biscuit sticks with 1/4 cup chocolate gravy

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: 125.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	293.15		
Fat	10.42g		
SaturatedFat	6.24g		
Trans Fat	0.00g		
Cholesterol	1.68mg		
Sodium	754.11mg		
Carbohydrates	42.61g		
Fiber	0.08g		
Sugar	17.73g		
Protein	5.30g		
Vitamin A	1.12IU	Vitamin C	0.22mg
Calcium	5.44mg	Iron	0.05mg

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

Nutrition - Per 100g

Calories	229.79		
Fat	8.17g		
SaturatedFat	4.89g		
Trans Fat	0.00g		
Cholesterol	1.32mg		
Sodium	591.12mg		
Carbohydrates	33.40g		
Fiber	0.06g		
Sugar	13.90g		
Protein	4.16g		
Vitamin A	0.88IU	Vitamin C	0.18mg
Calcium	4.27mg	Iron	0.04mg

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

Biscuit Sticks and Chocolate Gravy

Servings:	125.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19845
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	250 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
COCOA PWD BAKING 6-5 GCHC	1 3/4 Cup		269654
SUGAR CANE GRANUL 25 GCHC	4 Pound		108642
FLOUR H&R A/P 50 GCHC	1 1/4 Cup		765180
1% Low Fat White Milk	3 1/2 Quart		13871

Preparation Instructions

1. Keep biscuit dough frozen until day of service

Day of service:

1. mix 4lbs of granulated sugar, 1 1/4 cup flour, 1 3/4 cup cocoa powder in a heavy sauce pan with a wire whisk and then whisk in 14 cups (3 1/2 quarts) milk.
2. cook over medium heat stirring constantly until it becomes pudding thick. remove pan from heat and add 1/2 cup of butter and stir until melted.
3. ladle 1/4 (2oz) portions into cups and keep warm at 140^ until ready to serve.
4. pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350^ convection oven or 375^ in a conventional oven.
5. brush baked sticks with butter or oil and place in a 140^ warmer until ready to serve
6. serve 2 biscuit sticks with 1/4 cup chocolate gravy

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: 125.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	293.15		
Fat	10.42g		
SaturatedFat	6.24g		
Trans Fat	0.00g		
Cholesterol	1.68mg		
Sodium	754.11mg		
Carbohydrates	42.61g		
Fiber	0.08g		
Sugar	17.73g		
Protein	5.30g		
Vitamin A	1.12IU	Vitamin C	0.22mg
Calcium	5.44mg	Iron	0.05mg

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

Nutrition - Per 100g

Calories	229.79		
Fat	8.17g		
SaturatedFat	4.89g		
Trans Fat	0.00g		
Cholesterol	1.32mg		
Sodium	591.12mg		
Carbohydrates	33.40g		
Fiber	0.06g		
Sugar	13.90g		
Protein	4.16g		
Vitamin A	0.88IU	Vitamin C	0.18mg
Calcium	4.27mg	Iron	0.04mg

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

Ham & Swiss on Hawaiian Roll

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19846

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831
HAM SLCD W/A 8-5 640CT COMM	3 Ounce		651470
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

Preparation Instructions

1. Thaw buns

Prep Instructions:

1. Spray baking sheet with butter buds mist, lay bottom 1/2 of Hawaiian roll on baking sheet, add 4 oz of ham, 1 slice of swiss cheese, and top of Hawaiian roll. Mist with butter buds mist.
2. Place in 350^ oven until cheese is melted.
3. Place in warmer at 165^ until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.28
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: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	380.98
Fat	12.92g
SaturatedFat	6.46g
Trans Fat	0.00g
Cholesterol	56.76mg
Sodium	1140.49mg
Carbohydrates	40.92g
Fiber	2.00g
Sugar	14.96g
Protein	21.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.50mg	Iron 3.00mg

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

Buffalo Chicken Dip

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19847

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
CHEESE CREAM BULK 30 GCHC	32 Ounce		593567
DRESSING RNCH FF 4-1GAL MARZ	20 Ounce		583189
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	18 Ounce		704229
CHIX DCD 40 COMM	6 Cup		110530
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

1. Melt cream cheese and ranch dressing in a pot over low heat.
2. Place that in a pan.
3. Add shredded Monterey Jack cheese, shredded cheddar, shredded chicken, and hot sauce.
4. Give a good stir.
5. Bake at 375 degrees for about 15 minutes until its hot a bubbly.
6. Serve with chips, cucumber slices, pepper sticks, celery.

Meal Components (SLE)

Amount Per Serving

Meat	1.40
Grain	0.06
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	163.20		
Fat	9.90g		
SaturatedFat	5.65g		
Trans Fat	0.00g		
Cholesterol	49.20mg		
Sodium	818.34mg		
Carbohydrates	5.50g		
Fiber	0.35g		
Sugar	1.80g		
Protein	10.30g		
Vitamin A	240.00IU	Vitamin C	0.00mg
Calcium	17.50mg	Iron	0.03mg

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

Nutrition - Per 100g

Calories	143.92		
Fat	8.73g		
SaturatedFat	4.98g		
Trans Fat	0.00g		
Cholesterol	43.39mg		
Sodium	721.65mg		
Carbohydrates	4.85g		
Fiber	0.31g		
Sugar	1.59g		
Protein	9.08g		
Vitamin A	211.64IU	Vitamin C	0.00mg
Calcium	15.43mg	Iron	0.02mg

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

Chicken Mashed Potato Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 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
CHIX POPCORN BRD CKD WGRAIN 20	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840
CORN CUT IQF 30 GCHC	2 Ounce	BAKE	285620
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

Preparation Instructions

chicken: 1. Line sheet pans with liner, place one bag of popcorn chicken in single layer on each liner. FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Gravy: Basic Preparation

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

Potatoes: 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.

Corn:

Cook corn as directed, drain excess water.

Assembly:

in 12oz bowls, place 1 cup mashed potatoes, ladle 2oz gravy over potatoes, place 10 popcorn chicken pieces on top of potatoes and gravy. Ladle 2oz corn on top and sprinkle with 1 oz shredded cheddar cheese.

CCP: hold at 135^ for service

Meal Components (SLE)

Amount Per Serving

Meat	0.05
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.10

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.44		
Fat	0.51g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.86mg		
Sodium	97.30mg		
Carbohydrates	3.80g		
Fiber	0.24g		
Sugar	0.01g		
Protein	0.89g		
Vitamin A	1.54IU	Vitamin C	0.00mg
Calcium	2.54mg	Iron	0.09mg

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

Turkey and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	3 Ounce		765991
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.60
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	325.21
Fat	8.60g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	883.95mg
Carbohydrates	35.10g
Fiber	2.00g
Sugar	6.50g
Protein	25.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.50mg	Iron 2.00mg

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

Chicken, TX Toast & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	546561
BREAD GARL TST SLC WGRAIN 12-12CT	1 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
GRAVY MIX BISC PEPRD 6-24Z PION	2 Ounce		792683

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	328.83
Fat	16.09g
SaturatedFat	3.93g
Trans Fat	1.29g
Cholesterol	35.00mg
Sodium	757.12mg
Carbohydrates	28.31g
Fiber	3.00g
Sugar	0.86g
Protein	17.00g
Vitamin A 100.00IU	Vitamin C 78.00mg
Calcium 24.00mg	Iron 3.11mg

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

Chili Soup & 1/2 Sandwich

Servings:	341.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20389
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	40 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
BASE BEEF LO SOD 12-1 LEGO	1/5 Pound		130885
ONION DEHY CHPD 15 P/L	3/4 Quart		263036
CELERY DCD IQF 6-4 GCHC	3/4 Quart		261513
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
JUICE TOMATO 100 FRSH 12-46FLZ HV	4 #5 CAN		732790
TOMATO PASTE 6-10 HUNTS	2 #10 CAN		444707
Tap Water for Recipes	3 #10 CAN	UNPREPARED	000001WTR
SPICE CHILI POWDER MILD 16Z TRDE	2 1/2 Cup		331473
SALT IODIZED 24-26Z GFS	3/4 Cup		108308
SUGAR BROWN LT 12-2 GFS	2 1/2 Cup		314641
TOMATO DCD I/JCE MW 6- 10 GCHC	2 #10 CAN		246131

Preparation Instructions

Makes 64 Qts.-serves 341 6 oz. servings

Put all ingredients into floor soup pot and heat-TASTE to check seasoning. Stir and simmer till 170*, put into ½-10B pans-serve with mini cornbread loaves-gfs#159791.

Mini cornbread GFS 159791= 1.5 oz. eq. whole grain

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.45
OtherVeg	0.00
Legumes	0.99
Starch	0.00

Nutrition Facts

Servings Per Recipe: 341.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	332.88		
Fat	7.23g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	22.52mg		
Sodium	1020.34mg		
Carbohydrates	46.48g		
Fiber	11.41g		
Sugar	14.05g		
Protein	25.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.47mg	Iron	1.68mg

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

Carnival Cookie

Servings:	320.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CARNVL 320-1Z OTIS	1 Each		267813

Preparation Instructions

BAKE AT 325 FOR 11-14 MINUTES

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.38		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.02mg		
Sodium	0.33mg		
Carbohydrates	0.06g		
Fiber	0.00g		
Sugar	0.03g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Mozzarella Cheese Sticks w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20392
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	363.90
Fat	12.20g
SaturatedFat	3.70g
Trans Fat	0.03g
Cholesterol	15.00mg
Sodium	799.70mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	8.00g
Protein	20.50g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 2.47mg

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

Cheese Bread w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	1 Each		723880
SAUCE MARINARA DIPN CUP 100-1Z GCHC	1 Each		130834

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	275.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	670.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	Iron 1.00mg

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

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20740

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	546561
WAFFLE SQ 4 WGRAIN 144- 1.42Z KRUST - Krusteaz - M	1 Each		671751

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	315.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	575.00mg		
Carbohydrates	30.50g		
Fiber	4.50g		
Sugar	3.50g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	78.00mg
Calcium	40.00mg	Iron	2.45mg

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

Beef Nachos w/ Queso

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20795

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce		701201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.21
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	772.68
Fat	46.89g
SaturatedFat	22.94g
Trans Fat	0.54g
Cholesterol	138.08mg
Sodium	2220.56mg
Carbohydrates	55.15g
Fiber	5.66g
Sugar	9.26g
Protein	34.48g
Vitamin A 1606.94IU	Vitamin C 7.95mg
Calcium 811.87mg	Iron 3.26mg

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

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21562
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 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

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	311.00
Fat	18.00g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	602.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 1.60mg

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

WG Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Cinnamon Roll	1 Each		119090
ICING CREAM CHEESE 16# RICH	1 Teaspoon		133574

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	298.33		
Fat	13.67g		
SaturatedFat	5.83g		
Trans Fat	0.00g		
Cholesterol	0.83mg		
Sodium	368.33mg		
Carbohydrates	39.33g		
Fiber	3.00g		
Sugar	14.33g		
Protein	6.00g		
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

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID.	735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO CHERRY 11 MRKN	1/4 Cup	WASH VEGETABLES AND DRAIN	569551
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

Preparation Instructions

BEFORE HANDLING FOOD AND/OR EQUIPMENT ALWAYS WASH HANDS FOR AT LEAST 30 SECONDS WITH SOAP.

OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID. THEN WASH REMAINING VEGETABLES AND DRAIN. THEN ADD VEGETABLES TO LETTUCE.

CUP UP 2 OZ OF HAM

CUP UP 1 OZ OF CHEESE

AND PLACE IN DELI BOX UNTIL SERVED.

PLACE 2 PKS OF CRACKERS WITH SALAD

CCP: REFRIGERATE UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	1.25
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	382.38
Fat	14.48g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	846.50mg
Carbohydrates	43.84g
Fiber	6.58g
Sugar	10.18g
Protein	21.25g
Vitamin A 12341.13IU	Vitamin C 90.85mg
Calcium 79.37mg	Iron 3.64mg

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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21685
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	500.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

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

Ranch Dressing

Servings:	320.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	5 Package		192716
DRESSING SALAD 4-1GAL GFS	2 Gallon		107042
BUTTERMILK 1 9-.5GAL RGNLBRND	2 1/2 Gallon		245522

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: 320.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	102.92		
Fat	8.46g		
SaturatedFat	1.47g		
Trans Fat	0.13g		
Cholesterol	14.66mg		
Sodium	534.81mg		
Carbohydrates	5.07g		
Fiber	0.00g		
Sugar	3.35g		
Protein	1.41g		
Vitamin A	16.43IU	Vitamin C	0.02mg
Calcium	45.80mg	Iron	0.06mg

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

Nutrition - Per 100g

Calories	181.51		
Fat	14.93g		
SaturatedFat	2.59g		
Trans Fat	0.23g		
Cholesterol	25.86mg		
Sodium	943.25mg		
Carbohydrates	8.95g		
Fiber	0.00g		
Sugar	5.91g		
Protein	2.49g		
Vitamin A	28.98IU	Vitamin C	0.03mg
Calcium	80.77mg	Iron	0.11mg

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

1000 Island Dressing

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21710
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4-1GAL GFS	1 Gallon		107042
KETCHUP DISPENSER PK 2-1.5GAL HNZ	2 Cup		819492
RELISH SWT PICKLE 4-1GAL GCHC	1 Cup		517186

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: 128.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	116.14		
Fat	10.19g		
SaturatedFat	1.60g		
Trans Fat	0.16g		
Cholesterol	15.98mg		
Sodium	315.03mg		
Carbohydrates	5.56g		
Fiber	0.00g		
Sugar	3.25g		
Protein	0.20g		
Vitamin A	20.54IU	Vitamin C	0.02mg
Calcium	2.87mg	Iron	0.08mg

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

Nutrition - Per 100g

Calories	204.84		
Fat	17.97g		
SaturatedFat	2.82g		
Trans Fat	0.28g		
Cholesterol	28.19mg		
Sodium	555.62mg		
Carbohydrates	9.80g		
Fiber	0.00g		
Sugar	5.73g		
Protein	0.35g		
Vitamin A	36.23IU	Vitamin C	0.04mg
Calcium	5.06mg	Iron	0.14mg

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

Philly Cheesesteak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21711
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	4 Ounce		720861
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE MOZZ 2 SHRD FTNR 4-5 PG	1 Tablespoon		421812
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

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	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	440.14
Fat	17.08g
SaturatedFat	6.13g
Trans Fat	0.73g
Cholesterol	60.94mg
Sodium	1033.36mg
Carbohydrates	43.11g
Fiber	4.67g
Sugar	12.46g
Protein	27.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.40mg	Iron 4.55mg

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21734

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
TACO FILLING PORK REDC FAT 6-5 COMM	4 Ounce		641390
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce	UNPREPARED	100012

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	431.42
Fat	19.31g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	61.64mg
Sodium	654.76mg
Carbohydrates	36.57g
Fiber	4.52g
Sugar	3.52g
Protein	27.67g
Vitamin A 842.90IU	Vitamin C 6.31mg
Calcium 106.78mg	Iron 1.66mg

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

Sliced Tomato

Servings:	80.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21735

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 6X6 LRG 10 MRKN	1/4 Cup		199001

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: 80.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	0.10		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.03mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	4.69IU	Vitamin C	0.08mg
Calcium	0.06mg	Iron	0.00mg

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

Lettuce

Servings:	80.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 24CT MRKN	1/4 Cup		284998

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: 80.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		0.10	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.20mg	
Carbohydrates		0.02g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	Iron	0.01mg

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

Celery & Carrot Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21741
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

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	0.32
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	43.48
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	131.20mg
Carbohydrates	9.84g
Fiber	4.28g
Sugar	5.43g
Protein	1.00g
Vitamin A 13696.18IU	Vitamin C 4.99mg
Calcium 63.91mg	Iron 0.23mg

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

Chick N' Cone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CONE WAFFLE LRG 9-22CT COLOSSO	1 Each		222704

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	585.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	20.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.24mg

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

Chicken Sandwich on Hawaiian Roll

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21767
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL HWN UNSLC 1.25Z 10-12CT GCHC	1 Each		633931
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

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: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	210.00
Fat	7.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	360.00mg
Carbohydrates	21.00g
Fiber	1.00g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 27.00mg	Iron 2.08mg

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

Seasoned Curly Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21768
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	1 Cup	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	1.86

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	334.88		
Fat	13.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	781.40mg		
Carbohydrates	55.81g		
Fiber	3.72g		
Sugar	0.00g		
Protein	3.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.21mg	Iron	0.74mg

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

Macaroni & Cheese

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21782
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	4 Ounce	BAKE See Package Instructions	150731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.33
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	188.67
Fat	7.33g
SaturatedFat	4.33g
Trans Fat	0.00g
Cholesterol	24.67mg
Sodium	432.00mg
Carbohydrates	20.67g
Fiber	1.33g
Sugar	5.33g
Protein	10.00g
Vitamin A 328.67IU	Vitamin C 0.67mg
Calcium 247.33mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	166.38
Fat	6.47g
SaturatedFat	3.82g
Trans Fat	0.00g
Cholesterol	21.75mg
Sodium	380.96mg
Carbohydrates	18.22g
Fiber	1.18g
Sugar	4.70g
Protein	8.82g
Vitamin A 289.83IU	Vitamin C 0.59mg
Calcium 218.11mg	Iron 0.00mg

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

Wow Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21939
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each		661222

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: 1.00

Serving Size: 1.00 Each

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

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

Buffalo Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each		494385
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	1 Each		747611
DRESSING RNCH 4-1 GAL KE	1 Teaspoon		631430
SAUCE BUFFALO SAND 2-1GAL FRENC	1/2 Tablespoon		213990

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: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	305.83
Fat	11.50g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	823.33mg
Carbohydrates	35.67g
Fiber	1.00g
Sugar	6.17g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.48mg

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

Tropical Mixed Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22710
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL TROP L/S 6-10 GCHC	1/2 Cup		553611

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	67.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.42g		
Fiber	1.49g		
Sugar	15.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.22mg	Iron	0.30mg

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

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22711
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	36.65
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	9.00g
Fiber	1.85g
Sugar	7.50g
Protein	0.75g
Vitamin A 175.42IU	Vitamin C 41.48mg
Calcium 31.19mg	Iron 0.08mg

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

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22712
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999

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: 1.00

Serving Size: 1.00 Each

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

Hot Wings w/ Hot Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22781
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Teaspoon		704229

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	386.40		
Fat	27.37g		
SaturatedFat	6.44g		
Trans Fat	0.00g		
Cholesterol	169.05mg		
Sodium	673.00mg		
Carbohydrates	4.83g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.76g		
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

Hot Wings w/ BBQ Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22782
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
SAUCE BBQ CLSC 4-1GAL CATL	1 Tablespoon		425583

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	406.40		
Fat	27.37g		
SaturatedFat	6.44g		
Trans Fat	0.00g		
Cholesterol	169.05mg		
Sodium	668.00mg		
Carbohydrates	9.33g		
Fiber	1.00g		
Sugar	3.00g		
Protein	26.26g		
Vitamin A	100.00IU	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

Grilled Chicken Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22784
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Ounce		421812
STRAWBERRY 8 MRKN	1/4 Cup		212768
ORANGES MAND IN JCE 6-10 GCHC	1/4 Cup	BAKE	612448
PRETZEL ROD TUB 6-40Z GCHC	2 Piece		678371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.65
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	467.35
Fat	9.47g
SaturatedFat	3.45g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1188.54mg
Carbohydrates	71.98g
Fiber	6.77g
Sugar	20.79g
Protein	26.52g
Vitamin A 44.52IU	Vitamin C 29.52mg
Calcium 164.22mg	Iron 3.16mg

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

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22812
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
TURKEY BRST DELI 8-5# COMM	1 Ounce		765991
PEPPERONI SLCD 14-16/Z 2-5 GCHC	4 Each		729981
BACON CKD THN SLCD 3-100CT GFS	2 Slice		874124
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.02
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.06		
Fat	16.39g		
SaturatedFat	6.47g		
Trans Fat	0.02g		
Cholesterol	41.42mg		
Sodium	1017.13mg		
Carbohydrates	31.34g		
Fiber	2.00g		
Sugar	4.32g		
Protein	23.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.21mg

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

Cheesy Chicken & Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22814
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
CHIX FAJT 30 COMM	3 Ounce		154900
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	8 Ounce	Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.	576280

Preparation Instructions

Layer Rice, Fajita Chicken, then Queso

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	242.58
Fat	13.26g
SaturatedFat	7.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	991.21mg
Carbohydrates	5.56g
Fiber	0.23g
Sugar	1.76g
Protein	23.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 212.67mg	Iron 0.05mg

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Cheese Personal Pan Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22917
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 6" WGRAIN 60-5.3Z	1 Piece		474094

Preparation Instructions

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Thawed Pizza: Convection Oven, 400 to 425 degrees F 6 to 9 minutes. Conveyor Oven, 425 degrees F 5 to 5 1/2 minutes. Oven temperature and cook times may vary.

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.83		
Fat	0.25g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	9.67mg		
Carbohydrates	0.53g		
Fiber	0.05g		
Sugar	0.05g		
Protein	0.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Pepperoni Personal Pan Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22919
School:	Marshall County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 6" WGRAIN 60-5.3Z	1 Each		474094
PEPPERONI SLCD 14-16/Z 2-5 GCHC	4 Each		729981

Preparation Instructions

Preheat oven. Add 4 pepperonis to pizza before cooking. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Thawed Pizza: Convection Oven, 400 to 425 degrees F 6 to 9 minutes. Conveyor Oven, 425 degrees F 5 to 5 1/2 minutes. Oven temperature and cook times may vary.

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	6.42		
Fat	0.30g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	11.92mg		
Carbohydrates	0.53g		
Fiber	0.05g		
Sugar	0.05g		
Protein	0.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Chicken Pot Pie with Biscuit Sticks

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27915
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	2 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
CHIX DCD 40 COMM	9 1/2 Pound		110530
POTATO GRANULES COMPLETE 6-5.31 GCHC	12 1/2 Pound	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
GRAVY MIX BROWN 8- 13.37Z TRIO	3 Pound		741141
CORN CUT SUPER SWT 6-4 GCHC	6 Pound		851329
PEAS & CARROT 12-2.5 GCHC	12 Pound		119458

Preparation Instructions

Be sure to wash your hands before beginning the recipe. Prepare Potatoes according to the package. Prepare chicken gravy according to package. Steam Corn, Carrots and Peas separately. And hold in steam table. Prepare Rich's Biscuit sticks according to instructions on the box.- 2 biscuits per serving Mix the prepared gravy and thawed fully cooked chicken in a steam pan to bring back up to temperature for holding

CCP: Heat to 140° F or higher

To assemble bowls: base is 4oz of mashed potatoes, chicken and gravy, vegetable options and topped with two biscuit sticks on the side of bowl sticking up.

Bowl assembly can vary depending on students choices. Must take, Chicken, 4 oz of vegetable and 2 biscuit sticks at minimum to get meal

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	717.35
Fat	6.45g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	63.84mg
Sodium	1505.18mg
Carbohydrates	115.79g
Fiber	8.31g
Sugar	4.43g
Protein	32.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.50mg	Iron 4.08mg

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Lettuce/Tomato

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31010
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 12CT MRKN	1/4 Cup	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34"-36"F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	198668
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	*STORAGE RECOMMENDATIONS: NEVER REFRIGERATE, OPTIMUM STORAGE IS 55*-60*. KEEP AWAY FROM OTHER ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND MELONS. **PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	199001

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	9.08		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.22mg		
Carbohydrates	1.95g		
Fiber	0.55g		
Sugar	1.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	7.06mg	Iron	0.19mg

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