

# **Cookbook for Bremen Public Schools**

**Created by HPS Menu Planner**

# **Cookbook for Bremen Elementary/Middle School**

**Created by HPS Menu Planner**

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# Toast with Butter

<b>Servings:</b>	32.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	32 Slice	16 slices per loaf	6369
MARGARINE SLD 30-1 GCHC	1 Pound	Melt	733061

## Preparation Instructions

1. Line large baking tray with paper liners and lay out 24 slices of bread.
2. Melt margarine in microwave and then brush melted margarine over the tops of each slice.
3. Bake at 325 degrees for 3 minutes.
4. Place cooked tray in serving room warmer.

Note: Usually do 3 trays of 24 for breakfast.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.40mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	6.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Fruit Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11142

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.550
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	60.14
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.50mg
<b>Carbohydrates</b>	15.30g
<b>Fiber</b>	1.99g
<b>Sugar</b>	9.00g
<b>Protein</b>	0.61g
<b>Vitamin A</b> 70.33IU	<b>Vitamin C</b> 15.96mg
<b>Calcium</b> 15.42mg	<b>Iron</b> 0.21mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Choice of Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11143

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.07mg	<b>Iron</b>	0.27mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Variety

<b>Servings:</b>	48.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11144

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	12 Each	Ready to eat single serving	885750
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	12 Each	Ready to eat single serving	186911

## Preparation Instructions

Put 24 yogurts in a 48 pan. Put pan in serving room cooler or in serving room cold case.

Note: Each case comes with 48 single servings of yogurt cups

Critical Limits: Receiving: All PHFs must be at 41 F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	77.50
<b>Fat</b>	0.38g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	62.50mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.25g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Variety

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11145

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.12		
<b>Fat</b>	1.35g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	156.92mg		
<b>Carbohydrates</b>	23.60g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	7.20g		
<b>Protein</b>	2.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	73.52mg	<b>Iron</b>	3.24mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Bar Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11146

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal barsReady to eat cereal bars	265931

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	158.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	106.00mg
<b>Carbohydrates</b>	29.80g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.80g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 2.18mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Poptart Variety- 2 Count

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11147

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	365.00
<b>Fat</b>	5.83g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	386.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	5.73g
<b>Sugar</b>	30.33g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 406.67IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 3.60mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Poptart Variety

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11148

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	185.00
<b>Fat</b>	2.75g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.25g
<b>Protein</b>	2.25g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.50mg	<b>Iron</b> 1.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oatmeal

<b>Servings:</b>	17.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11149
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Pound		284386
Tap Water for Recipes	16 Cup		000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup		108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

## Preparation Instructions

1. In a large sauce pan, heat water, brown sugar, & vanilla until boiling.
2. Add the oatmeal slowly, stirring constantly with a large spatula so it won't lump.
3. Return to a boil, reduce heat & simmer for 1min. Stirring constantly.
4. Pour into a well sprayed 48 metal pan and put pan on the hot serving line.

Critical Limits: Cooking: All other foods including ready to eat and original unopened packaged heat to 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours, Hot Holding: All foods should be held at 140 F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Food products made from ingredients at room temperature must be cooled to 41F within 4 hours. Corrective Action: Reheat to 165F and cool property, serve or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	234.79		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.09mg		
<b>Carbohydrates</b>	49.60g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	23.59g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.01mg	<b>Iron</b>	1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Corn

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11152
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	Use GFS#285620 if commodity not available	100348
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.00		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	134.88mg		
<b>Carbohydrates</b>	17.75g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.75g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	40.91IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11153
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	48 Each		380
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	48 Slice	READY_TO_EAT	100036
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	326.67
<b>Fat</b>	14.33g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	673.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 12.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tomato Soup

<b>Servings:</b>	300.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11154
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	20 #5 CAN		101427
Tap Water for Recipes	20 #5 CAN		000001WTR
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
SPICE CELERY SALT 32Z TRDE	2 2/3 Tablespoon	2 Tablespoons +2 teaspoons	231517
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon		518322

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	89.94
<b>Fat</b>	0.39g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	489.21mg
<b>Carbohydrates</b>	19.26g
<b>Fiber</b>	0.95g
<b>Sugar</b>	11.68g
<b>Protein</b>	1.89g
<b>Vitamin A</b> 26.40IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.94mg	<b>Iron</b> 0.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11156
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN		822477
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/3 #10 CAN		100129
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.388
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	137.09		
<b>Fat</b>	0.39g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	350.19mg		
<b>Carbohydrates</b>	29.59g		
<b>Fiber</b>	3.91g		
<b>Sugar</b>	13.17g		
<b>Protein</b>	5.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.73mg	<b>Iron</b>	1.56mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Brussels Sprouts

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11158
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound		426288
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	2 1/2 Tablespoon		565148
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SALT IODIZED 25 CARG	1/2 Teaspoon		108286

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	54.62		
<b>Fat</b>	0.53g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.05mg		
<b>Carbohydrates</b>	11.28g		
<b>Fiber</b>	4.27g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.43mg	<b>Iron</b>	1.05mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bread & Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11159
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	123.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.67mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	6.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cheese

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11161
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli fzn	30 Pound		110282comm
SAUCE MIX CHS INST 16-16Z GCHC	2 Package	For every 1 pouch of cheese sauce mix you need a Total of 2 Quarts or 1 Gallon Boiling Water	578061
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

Place 10 pounds of broccoli into each three 4B perforated steam table pan and then place in 4B metal pan. Cover and store in cooler until time to cook.

Boil water for cheese sauce . Once water is boiled remove from heat and mix cheese sauce and water. Keep cheese sauce warm.

Place perforated steam table pan in steamer for about 15 to 20 minutes or until vegetable temp at 141 degrees for 15 seconds. DO NOT OVERCOOK!

Pour steamed broccoli into sprayed 4B metal pans and mix with 1/3 (5 and 1/3 cups) of the cheese sauce. Stir lightly (mixing broccoli and cheese sauce together). DO NOT OVER MIX!

Cover with plastic wrap and place in warmers in serving rooms.

Serve with 4 fluid ounce spoodle/ladle.

Note: Do not overcook or over stir vegetables. This may be cooked in combi.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	50.09
<b>Fat</b>	1.08g
<b>SaturatedFat</b>	0.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.80mg
<b>Carbohydrates</b>	8.26g
<b>Fiber</b>	2.05g
<b>Sugar</b>	1.76g
<b>Protein</b>	2.59g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.72mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11165
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	Weigh	100121
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	274.47		
<b>Fat</b>	6.09g		
<b>SaturatedFat</b>	2.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.23mg		
<b>Sodium</b>	739.84mg		
<b>Carbohydrates</b>	2.04g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ham Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11167
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD CN 1/5Z 72-2Z CARLB	3 Ounce	15 slices	309796
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	1075.00mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.62mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Candied Carrots

<b>Servings:</b>	46.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11173
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN		118915
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.562
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	87.22		
<b>Fat</b>	0.72g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.20g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	443.28mg		
<b>Carbohydrates</b>	19.27g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	14.77g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	32.61IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.14mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Crisp

<b>Servings:</b>	504.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11176
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	7 1/2 Quart		284386
MARGARINE SLD 30-1 GFS	7 1/2 Pound		113271
SUGAR BROWN MED 25 GCHC	7 1/2 Quart		108626
FLOUR A/P 50 ARDENT	32 1/4 Cup	Divided: 7.5 quart in topping, 2.25 cups in apples	585203
BAKING SODA 36Z GCHC	7 1/2 Teaspoon		513849
BAKING POWDER DBL ACTION 4-5 RDSTR	7 1/2 Teaspoon		474347
APPLE SLCD W/P 6-10 GCHC	13 1/2 #10 CAN		117773
SUGAR BEET GRANUL 50 GCHC	7 1/2 Teaspoon		224413
SPICE CINNAMON GRND 5 TRDE	6 Tablespoon		224731

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 504.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	171.03		
<b>Fat</b>	5.70g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	1.43g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	102.62mg		
<b>Carbohydrates</b>	28.64g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	17.84g		
<b>Protein</b>	1.44g		
<b>Vitamin A</b>	238.16IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.76mg	<b>Iron</b>	0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Noodles

<b>Servings:</b>	94.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11196

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL KLUSKI 1/8 2-5 GCHC	5 Pound		270385
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CELERY SALT 32Z TRDE	1 Tablespoon		231517
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045
BASE CHIX RSTD 25 GCHC	1 1/2 Cup		160830
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
Chicken, diced, cooked, frozen	12 3/4 Pound		100101

## Preparation Instructions

1 serving= 1 dessert grain



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.170
<b>Grain</b>	0.851
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	185.24
<b>Fat</b>	3.62g
<b>SaturatedFat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.72mg
<b>Sodium</b>	835.78mg
<b>Carbohydrates</b>	18.30g
<b>Fiber</b>	0.91g
<b>Sugar</b>	1.66g
<b>Protein</b>	17.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.47mg	<b>Iron</b> 0.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11197

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon		686691

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.71		
<b>Fat</b>	0.55g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.15g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	306.40mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.29g		
<b>Protein</b>	1.29g		
<b>Vitamin A</b>	25.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.41mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Taco Meat

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11208
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN	READY_TO_EAT	100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725

Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	185.22		
<b>Fat</b>	8.90g		
<b>SaturatedFat</b>	2.97g		
<b>Trans Fat</b>	1.43g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	236.32mg		
<b>Carbohydrates</b>	13.02g		
<b>Fiber</b>	3.95g		
<b>Sugar</b>	3.79g		
<b>Protein</b>	12.80g		
<b>Vitamin A</b>	232.94IU	<b>Vitamin C</b>	1.69mg
<b>Calcium</b>	16.59mg	<b>Iron</b>	1.33mg

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

### Nutrition - Per 100g

<b>Calories</b>	217.78		
<b>Fat</b>	10.47g		
<b>SaturatedFat</b>	3.49g		
<b>Trans Fat</b>	1.68g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	277.87mg		
<b>Carbohydrates</b>	15.30g		
<b>Fiber</b>	4.65g		
<b>Sugar</b>	4.45g		
<b>Protein</b>	15.04g		
<b>Vitamin A</b>	273.89IU	<b>Vitamin C</b>	1.99mg
<b>Calcium</b>	19.50mg	<b>Iron</b>	1.57mg

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

# Peas

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11219
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	10 Pound		610802
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
SUGAR BEET GRANUL 25 GCHC	1/4 Cup		108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	87.90		
<b>Fat</b>	0.83g		
<b>SaturatedFat</b>	0.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	184.08mg		
<b>Carbohydrates</b>	16.38g		
<b>Fiber</b>	5.06g		
<b>Sugar</b>	6.26g		
<b>Protein</b>	5.06g		
<b>Vitamin A</b>	56.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.14mg	<b>Iron</b>	1.39mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PBJ Option

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11248
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	47.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 1.70mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11249
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup		150250
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR

## Preparation Instructions

Wipe off tops of can with a wet rag. Empty 1 can into a sprayed 4B metal pan, mix in 1 Qt of water and 2 Cups of Shredded cheddar cheese and mix really good. Cook in steamer for 30 minutes, until internal temp reaches 165 deg or higher for 15 seconds. Cover with plastic wrap and place in warmers in each serving room.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	187.55
<b>Fat</b>	5.16g
<b>SaturatedFat</b>	2.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	634.55mg
<b>Carbohydrates</b>	25.12g
<b>Fiber</b>	6.47g
<b>Sugar</b>	1.08g
<b>Protein</b>	10.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 114.83mg	<b>Iron</b> 2.16mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Cheese Biscuit

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19920
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each		109000
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 Ounce		100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	24 Each		237390

## Preparation Instructions

Biscuits:

1. Line large baking trays with paper liners, lay out 24 biscuits per tray leaving 2" between each biscuit.
2. Place on large rolling rack until it's time to bake.
3. Bake at 325 for 12 min or until nice and brown.
4. Place cooked trays on rolling rack to cool.

Sausage Patty:

1. Line large baking trays with paper liners, lay out 24 sausage patties per tray.
2. Place on rolling rack until it's time to bake.
3. Bake at 325 degrees for 8-10 min or until internal temp reaches 165 degrees or higher for 15 sec.

Assemble sandwich:

1. Cut cooled biscuits in half, place 1 sausage patty and 1 slice of cheese in between biscuits.
2. Place on a baking tray with paper liner and place into room warmer until it's time to serve.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours.

Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F within 4 hours. Corrective Action: Reheat to 165 d. F and cool properly, serve or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	282.70
<b>Fat</b>	14.90g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	34.50mg
<b>Sodium</b>	781.20mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.50g
<b>Protein</b>	13.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.58mg	<b>Iron</b> 1.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Iced Donut with Sprinkles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20060

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon		155722
SPRINKLES RAINBOW 4-4 GCHC	1 Teaspoon		283660

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	375.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	24.50g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Bagel

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22040
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	24 Each		240080
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	24 Each		230264

## Preparation Instructions

1. Lay out omelet on baking paper on cookie sheet. Put 24 omelets on tray.
2. Bake at 325 degrees for 10 minutes, Omelet should temp to at least 165 degrees for 15 seconds
3. Put bagels in microwave until semi-soft.
4. Cut bagels open and put omelet inside.
5. Put trays in warmer in serving room.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds, Reheating: Reheat foods to 165F within 2 hours. Corrective Action: discard if not reheated within 2 hours. Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F. within 4 hours. Corrective Action: Reheat to 165F and cool properly, serve or discard,

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.00mg	<b>Iron</b> 2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Strawberry or Grape Uncrustable

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22041
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.50mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Muffins

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26674
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	185.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	28.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	14.50g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	7.21IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	6.38mg	<b>Iron</b>	1.03mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oatmeal Bar

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26679
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.85mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Nutri-grain

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26724
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	142.50mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	1.90mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29365
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1/2 Tablespoon	<b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	12.50		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Apples

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29374

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	3 #10 CAN		100206
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN		117773
MARGARINE SLD 30-1 GCHC	4 Ounce		733061
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731
SUGAR BEET GRANUL 50 GCHC	2 Cup		224413
STARCH CORN 24-1 ARGO	1/2 Cup		108413

## Preparation Instructions

Wipe off the tops of canned apples with a wet rag, open and drain all apples. Spray 4B metal pans with coating spray, place 3 cans of apples per pan. Add remaining ingredients and stir. Cover and place in cooler until its time to bake.

Bake at 350 deg for 30-45 min or until internal temp reaches 165 deg or higher for 15 seconds. Cover with metal lid and place in room warmers until it's time to be served.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	85.33		
<b>Fat</b>	0.73g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.27mg		
<b>Carbohydrates</b>	19.19g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	14.84g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spanish Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29620
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	1/6 Cup		834850

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	103.03
<b>Fat</b>	0.26g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	262.73mg
<b>Carbohydrates</b>	22.67g
<b>Fiber</b>	0.52g
<b>Sugar</b>	1.55g
<b>Protein</b>	2.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.58mg	<b>Iron</b> 1.03mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29621
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE 2-10 UBEN	1/8 Cup		427586

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	86.79
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.51mg
<b>Carbohydrates</b>	19.24g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	1.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.77mg	<b>Iron</b> 1.12mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29622
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1/2 Tablespoon	<b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	12.50		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Student Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32312
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CUCUMBER SELECT 24CT MRKN	1/8 Cup	2 slices	418439
TOMATO CHERRY 10 MRKN	2 Each		169275
Ham, Cubed Frozen	1 Ounce	1/4 cup OR 1/4 cup turkey (1.5 oz. weight) Make sure you have plenty of turkey or ham pulled for the following days ahead. Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw. If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall.	100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.	100012
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container.

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned (cucumbers, tomatoes, cheese, and lettuce.)

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	241.34		
<b>Fat</b>	10.83g		
<b>SaturatedFat</b>	4.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.75mg		
<b>Sodium</b>	690.29mg		
<b>Carbohydrates</b>	22.90g		
<b>Fiber</b>	1.04g		
<b>Sugar</b>	3.95g		
<b>Protein</b>	16.14g		
<b>Vitamin A</b>	7.10IU	<b>Vitamin C</b>	0.19mg
<b>Calcium</b>	35.08mg	<b>Iron</b>	2.38mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Bremen PKU**

**Created by HPS Menu Planner**

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No Recipes found

# **Cookbook for Bremen Senior High School**

**Created by HPS Menu Planner**

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# Toast with Butter

<b>Servings:</b>	32.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	32 Slice	16 slices per loaf	6369
MARGARINE SLD 30-1 GCHC	1 Pound	Melt	733061

## Preparation Instructions

1. Line large baking tray with paper liners and lay out 24 slices of bread.
2. Melt margarine in microwave and then brush melted margarine over the tops of each slice.
3. Bake at 325 degrees for 3 minutes.
4. Place cooked tray in serving room warmer.

Note: Usually do 3 trays of 24 for breakfast.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.40mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	6.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Fruit Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11142

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.550
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	60.14
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.50mg
<b>Carbohydrates</b>	15.30g
<b>Fiber</b>	1.99g
<b>Sugar</b>	9.00g
<b>Protein</b>	0.61g
<b>Vitamin A</b> 70.33IU	<b>Vitamin C</b> 15.96mg
<b>Calcium</b> 15.42mg	<b>Iron</b> 0.21mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Choice of Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11143

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.07mg	<b>Iron</b>	0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Variety

<b>Servings:</b>	48.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11144

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	12 Each	Ready to eat single serving	885750
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	12 Each	Ready to eat single serving	186911

## Preparation Instructions

Put 24 yogurts in a 48 pan. Put pan in serving room cooler or in serving room cold case.

Note: Each case comes with 48 single servings of yogurt cups

Critical Limits: Receiving: All PHFs must be at 41 F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	77.50
<b>Fat</b>	0.38g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	62.50mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.25g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Variety

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11145

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.12		
<b>Fat</b>	1.35g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	156.92mg		
<b>Carbohydrates</b>	23.60g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	7.20g		
<b>Protein</b>	2.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	73.52mg	<b>Iron</b>	3.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Cereal Bar Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11146

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal barsReady to eat cereal bars	265931

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	158.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	106.00mg
<b>Carbohydrates</b>	29.80g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.80g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 2.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Poptart Variety- 2 Count

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11147

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00  
Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	365.00
<b>Fat</b>	5.83g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	386.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	5.73g
<b>Sugar</b>	30.33g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 406.67IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 3.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Poptart Variety

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11148

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	185.00
<b>Fat</b>	2.75g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.25g
<b>Protein</b>	2.25g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.50mg	<b>Iron</b> 1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oatmeal

<b>Servings:</b>	17.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11149
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Pound		284386
Tap Water for Recipes	16 Cup		000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup		108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

## Preparation Instructions

1. In a large sauce pan, heat water, brown sugar, & vanilla until boiling.
2. Add the oatmeal slowly, stirring constantly with a large spatula so it won't lump.
3. Return to a boil, reduce heat & simmer for 1min. Stirring constantly.
4. Pour into a well sprayed 48 metal pan and put pan on the hot serving line.

Critical Limits: Cooking: All other foods including ready to eat and original unopened packaged heat to 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours, Hot Holding: All foods should be held at 140 F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Food products made from ingredients at room temperature must be cooled to 41F within 4 hours. Corrective Action: Reheat to 165F and cool property, serve or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	234.79		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.09mg		
<b>Carbohydrates</b>	49.60g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	23.59g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.01mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PBJ Option- High School

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11151
<b>School:</b>	Bremen Senior High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	600.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 88.00mg	<b>Iron</b> 2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Corn

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11152
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	Use GFS#285620 if commodity not available	100348
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.00		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	134.88mg		
<b>Carbohydrates</b>	17.75g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.75g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	40.91IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11153
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	48 Each		380
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	48 Slice	READY_TO_EAT	100036
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	326.67
<b>Fat</b>	14.33g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	673.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 12.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tomato Soup

<b>Servings:</b>	300.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11154
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	20 #5 CAN		101427
Tap Water for Recipes	20 #5 CAN		000001WTR
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
SPICE CELERY SALT 32Z TRDE	2 2/3 Tablespoon	2 Tablespoons +2 teaspoons	231517
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon		518322

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	89.94		
<b>Fat</b>	0.39g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	489.21mg		
<b>Carbohydrates</b>	19.26g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	11.68g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	26.40IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.94mg	<b>Iron</b>	0.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11156
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN		822477
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/3 #10 CAN		100129
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.388
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	137.09		
<b>Fat</b>	0.39g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	350.19mg		
<b>Carbohydrates</b>	29.59g		
<b>Fiber</b>	3.91g		
<b>Sugar</b>	13.17g		
<b>Protein</b>	5.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.73mg	<b>Iron</b>	1.56mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Brussels Sprouts

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11158
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound		426288
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	2 1/2 Tablespoon		565148
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SALT IODIZED 25 CARG	1/2 Teaspoon		108286

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	54.62
<b>Fat</b>	0.53g
<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	76.05mg
<b>Carbohydrates</b>	11.28g
<b>Fiber</b>	4.27g
<b>Sugar</b>	0.00g
<b>Protein</b>	4.27g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.43mg	<b>Iron</b> 1.05mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bread & Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11159
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	123.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.67mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	6.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cheese

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11161
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli fzn	30 Pound		110282comm
SAUCE MIX CHS INST 16-16Z GCHC	2 Package	For every 1 pouch of cheese sauce mix you need a Total of 2 Quarts or 1 Gallon Boiling Water	578061
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

Place 10 pounds of broccoli into each three 4B perforated steam table pan and then place in 4B metal pan. Cover and store in cooler until time to cook.

Boil water for cheese sauce . Once water is boiled remove from heat and mix cheese sauce and water. Keep cheese sauce warm.

Place perforated steam table pan in steamer for about 15 to 20 minutes or until vegetable temp at 141 degrees for 15 seconds. DO NOT OVERCOOK!

Pour steamed broccoli into sprayed 4B metal pans and mix with 1/3 (5 and 1/3 cups) of the cheese sauce. Stir lightly (mixing broccoli and cheese sauce together). DO NOT OVER MIX!

Cover with plastic wrap and place in warmers in serving rooms.

Serve with 4 fluid ounce spoodle/ladle.

Note: Do not overcook or over stir vegetables. This may be cooked in combi.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	50.09
<b>Fat</b>	1.08g
<b>SaturatedFat</b>	0.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.80mg
<b>Carbohydrates</b>	8.26g
<b>Fiber</b>	2.05g
<b>Sugar</b>	1.76g
<b>Protein</b>	2.59g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.72mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11165
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 Ounce	Weigh	100121
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	274.47		
<b>Fat</b>	6.09g		
<b>SaturatedFat</b>	2.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.23mg		
<b>Sodium</b>	739.84mg		
<b>Carbohydrates</b>	2.04g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ham Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11167
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD CN 1/5Z 72-2Z CARLB	3 Ounce	15 slices	309796
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	1075.00mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.62mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Candied Carrots

<b>Servings:</b>	46.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11173
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN		118915
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.562
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	87.22		
<b>Fat</b>	0.72g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.20g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	443.28mg		
<b>Carbohydrates</b>	19.27g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	14.77g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	32.61IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.14mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Crisp

<b>Servings:</b>	504.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11176
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	7 1/2 Quart		284386
MARGARINE SLD 30-1 GFS	7 1/2 Pound		113271
SUGAR BROWN MED 25 GCHC	7 1/2 Quart		108626
FLOUR A/P 50 ARDENT	32 1/4 Cup	Divided: 7.5 quart in topping, 2.25 cups in apples	585203
BAKING SODA 36Z GCHC	7 1/2 Teaspoon		513849
BAKING POWDER DBL ACTION 4-5 RDSTR	7 1/2 Teaspoon		474347
APPLE SLCD W/P 6-10 GCHC	13 1/2 #10 CAN		117773
SUGAR BEET GRANUL 50 GCHC	7 1/2 Teaspoon		224413
SPICE CINNAMON GRND 5 TRDE	6 Tablespoon		224731

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 504.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	171.03		
<b>Fat</b>	5.70g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	1.43g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	102.62mg		
<b>Carbohydrates</b>	28.64g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	17.84g		
<b>Protein</b>	1.44g		
<b>Vitamin A</b>	238.16IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.76mg	<b>Iron</b>	0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Noodles

<b>Servings:</b>	94.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11196

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL KLUSKI 1/8 2-5 GCHC	5 Pound		270385
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CELERY SALT 32Z TRDE	1 Tablespoon		231517
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045
BASE CHIX RSTD 25 GCHC	1 1/2 Cup		160830
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
Chicken, diced, cooked, frozen	12 3/4 Pound		100101

## Preparation Instructions

1 serving= 1 dessert grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.170
<b>Grain</b>	0.851
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	185.24
<b>Fat</b>	3.62g
<b>SaturatedFat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.72mg
<b>Sodium</b>	835.78mg
<b>Carbohydrates</b>	18.30g
<b>Fiber</b>	0.91g
<b>Sugar</b>	1.66g
<b>Protein</b>	17.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.47mg	<b>Iron</b> 0.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11197

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon		686691

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.71		
<b>Fat</b>	0.55g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.15g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	306.40mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.29g		
<b>Protein</b>	1.29g		
<b>Vitamin A</b>	25.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.41mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Taco Meat

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11208
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN	READY_TO_EAT	100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725



Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	185.22		
<b>Fat</b>	8.90g		
<b>SaturatedFat</b>	2.97g		
<b>Trans Fat</b>	1.43g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	236.32mg		
<b>Carbohydrates</b>	13.02g		
<b>Fiber</b>	3.95g		
<b>Sugar</b>	3.79g		
<b>Protein</b>	12.80g		
<b>Vitamin A</b>	232.94IU	<b>Vitamin C</b>	1.69mg
<b>Calcium</b>	16.59mg	<b>Iron</b>	1.33mg

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

### Nutrition - Per 100g

<b>Calories</b>	217.78		
<b>Fat</b>	10.47g		
<b>SaturatedFat</b>	3.49g		
<b>Trans Fat</b>	1.68g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	277.87mg		
<b>Carbohydrates</b>	15.30g		
<b>Fiber</b>	4.65g		
<b>Sugar</b>	4.45g		
<b>Protein</b>	15.04g		
<b>Vitamin A</b>	273.89IU	<b>Vitamin C</b>	1.99mg
<b>Calcium</b>	19.50mg	<b>Iron</b>	1.57mg

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

# Peas

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11219
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	10 Pound		610802
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
SUGAR BEET GRANUL 25 GCHC	1/4 Cup		108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	87.90		
<b>Fat</b>	0.83g		
<b>SaturatedFat</b>	0.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	184.08mg		
<b>Carbohydrates</b>	16.38g		
<b>Fiber</b>	5.06g		
<b>Sugar</b>	6.26g		
<b>Protein</b>	5.06g		
<b>Vitamin A</b>	56.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.14mg	<b>Iron</b>	1.39mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PBJ Option

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11248
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	47.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 1.70mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11249
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup		150250
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR

## Preparation Instructions

Wipe off tops of can with a wet rag. Empty 1 can into a sprayed 4B metal pan, mix in 1 Qt of water and 2 Cups of Shredded cheddar cheese and mix really good. Cook in steamer for 30 minutes, until internal temp reaches 165 deg or higher for 15 seconds. Cover with plastic wrap and place in warmers in each serving room.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	187.55
<b>Fat</b>	5.16g
<b>SaturatedFat</b>	2.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	634.55mg
<b>Carbohydrates</b>	25.12g
<b>Fiber</b>	6.47g
<b>Sugar</b>	1.08g
<b>Protein</b>	10.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 114.83mg	<b>Iron</b> 2.16mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Philly Cheesesteak

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12432
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHL SEAS CKD 2.86Z 6-5 JTM	2 Package		720861
PEPPERS & ONION FLME RSTD 6-2.5	13 1/4 Cup		847208
CHEESE MOZZ SHRD 4-5 LOL	13 1/4 Cup		645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	53 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	445.89
<b>Fat</b>	18.34g
<b>SaturatedFat</b>	7.57g
<b>Trans Fat</b>	0.55g
<b>Cholesterol</b>	57.01mg
<b>Sodium</b>	980.02mg
<b>Carbohydrates</b>	40.26g
<b>Fiber</b>	4.03g
<b>Sugar</b>	11.17g
<b>Protein</b>	28.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 285.77mg	<b>Iron</b> 3.92mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Cheese Biscuit

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19920
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each		109000
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 Ounce		100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	24 Each		237390

## Preparation Instructions

Biscuits:

1. Line large baking trays with paper liners, lay out 24 biscuits per tray leaving 2" between each biscuit.
2. Place on large rolling rack until it's time to bake.
3. Bake at 325 for 12 min or until nice and brown.
4. Place cooked trays on rolling rack to cool.

Sausage Patty:

1. Line large baking trays with paper liners, lay out 24 sausage patties per tray.
2. Place on rolling rack until it's time to bake.
3. Bake at 325 degrees for 8-10 min or until internal temp reaches 165 degrees or higher for 15 sec.

Assemble sandwich:

1. Cut cooled biscuits in half, place 1 sausage patty and 1 slice of cheese in between biscuits.
2. Place on a baking tray with paper liner and place into room warmer until it's time to serve.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours.

Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F within 4 hours. Corrective Action: Reheat to 165 d. F and cool properly, serve or discard.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	282.70
<b>Fat</b>	14.90g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	34.50mg
<b>Sodium</b>	781.20mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.50g
<b>Protein</b>	13.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.58mg	<b>Iron</b> 1.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Bagel

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22040
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	24 Each		240080
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	24 Each		230264

## Preparation Instructions

1. Lay out omelet on baking paper on cookie sheet. Put 24 omelets on tray.
2. Bake at 325 degrees for 10 minutes, Omelet should temp to at least 165 degrees for 15 seconds
3. Put bagels in microwave until semi-soft.
4. Cut bagels open and put omelet inside.
5. Put trays in warmer in serving room.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds, Reheating: Reheat foods to 165F within 2 hours. Corrective Action: discard if not reheated within 2 hours. Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F. within 4 hours. Corrective Action: Reheat to 165F and cool properly, serve or discard,

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.00mg	<b>Iron</b> 2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry or Grape Uncrustable

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22041
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.50mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Muffins

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26674
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	185.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	28.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	14.50g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	7.21IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	6.38mg	<b>Iron</b>	1.03mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oatmeal Bar

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26679
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.85mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Nutri-grain

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26724
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	142.50mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	1.90mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29365
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1/2 Tablespoon	<b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	12.50		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spanish Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29620
<b>School:</b>	Bremen Senior High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	1/6 Cup		834850

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	103.03
<b>Fat</b>	0.26g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	262.73mg
<b>Carbohydrates</b>	22.67g
<b>Fiber</b>	0.52g
<b>Sugar</b>	1.55g
<b>Protein</b>	2.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.58mg	<b>Iron</b> 1.03mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29621
<b>School:</b>	Bremen Elementary/Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE 2-10 UBEN	1/8 Cup		427586

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	86.79		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.51mg		
<b>Carbohydrates</b>	19.24g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.87g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.77mg	<b>Iron</b>	1.12mg

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

### Nutrition - Per 100g

No 100g Conversion Available