

Cookbook for Emmons

Created by HPS Menu Planner

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Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat).
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat hamburger to 140° F, place meat on pre-heated bun, top with cheese replace bun top, place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	16.00g
SaturatedFat	6.05g
Trans Fat	0.80g
Cholesterol	56.50mg
Sodium	586.00mg
Carbohydrates	2.00g
Fiber	3.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11299
School:	Emmons		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 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 CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
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 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 FROOT LOOPS R/S BWL 96- 1Z KELL	1 Each		283620
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 FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.43		
Fat	1.13g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.43mg		
Carbohydrates	23.75g		
Fiber	2.07g		
Sugar	7.58g		
Protein	1.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.27mg	Iron	3.62mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	3/4 Cup		811490
YOGURT VAN L/F PARFPR 6-4 YOPL	3/4 Cup		811500
Variety of Fruit	1 Cup		
GRANOLA BAG IW 144-1Z FLDSTN	2 Package	Or use Graham Snack List Recipe	649742

Preparation Instructions

In container layer the following per parfait: 3 fluid ounce yogurt, 2 fluid ounce fruit, 3 fluid ounce yogurt and, 2 fluid ounce fruit. Serve parfait if granola package or graham from Graham Choice List Recipe

Note:

Fresh, Frozen or Canned Fruit can be used

3 fluid ounce is equal to 3/8 cup or #10 Disher

2 fluid ounce is equal to 1/4 cup or #16 Disher

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	367.91
Fat	4.62g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.55mg
Carbohydrates	74.70g
Fiber	6.00g
Sugar	45.63g
Protein	8.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.49mg	Iron 0.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22124

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	3 #10 CAN		110730
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon		265103

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.72		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.55mg		
Carbohydrates	4.53g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	3 #10 CAN		120483
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.67		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.83mg		
Carbohydrates	16.56g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22126

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SALT SEA 36Z TRDE	1 1/2 Teaspoon		748590

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.18		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.39mg		
Carbohydrates	4.53g		
Fiber	1.08g		
Sugar	2.16g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Mixed Vegetables

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	10 Pound		285690
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.20mg		
Carbohydrates	15.82g		
Fiber	3.78g		
Sugar	5.04g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Broccoli

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	10 Pound		549292
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.88mg		
Carbohydrates	7.26g		
Fiber	3.94g		
Sugar	1.31g		
Protein	3.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE PIZZA W/BASL 6-10 REDPK	1/4 Cup		256013
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat meat balls in marinara sauce to 140° F , place 4 meatballs on Hot Dog bun, top with 1 oz. shredded cheese. Place in 2# boat. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	434.00
Fat	17.50g
SaturatedFat	7.00g
Trans Fat	0.60g
Cholesterol	51.00mg
Sodium	696.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	11.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 264.00mg	Iron 2.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat (steam) hot dog to 140° F, place hot dog on pre-heated hot dog bun, place in designated bag. Place in warmer to hold for service at 135° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	11.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	400.00mg
Carbohydrates	1.00g
Fiber	2.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 40.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Ribbett & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat Ribbetts to 140° F, place on pre-heated hot dog bun. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	14.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22356

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound		150250
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803

Preparation Instructions

1. CCP: Heat Chili to 145° F -150° F by any of the following: Heat in boiling water or in combi oven, in steam setting for 15 seconds, transfer into a steam table pan.
2. Use 1 bag of Doritos. Scoop 4 oz of chili on top. Top with 1 oz shredded cheese.
3. CCP: Hold for hot service at 135° F or higher.
4. Serve with lettuce and salsa and sour cream (serving sizes on menu)

Note: CCP: Any unopened heated bags of Meat and implementing Temperature as a Public Health Control must be cooled to 70° F in 2 hrs. or less and 41 ° F in 4 additional hours or less.

Place unopened bags in a sink with cold water to help speed the process, then remove the product from the bag and empty into a 2" pan, place the pan on the top shelf of the refrigerator (or freezer to speed the process even faster). After the product is cooled to acceptable temperature cover and date for future use, either store in refrigerator or freeze depending on when it is to be used. Must be used within 7 days if refrigerated.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.12
Fat	19.58g
SaturatedFat	8.27g
Trans Fat	0.00g
Cholesterol	51.77mg
Sodium	630.97mg
Carbohydrates	39.31g
Fiber	4.74g
Sugar	4.43g
Protein	19.04g
Vitamin A 859.01IU	Vitamin C 13.04mg
Calcium 287.31mg	Iron 2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound		150250
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	100 Each		818222

Preparation Instructions

- CCP: Heat Chili to 145° F -150° F by any of the following: Heat in boiling water or in combi oven, in steam setting for 15 seconds, transfer into a steam table pan.
- Use 1 bag of Tostitos Tortilla Chips. Scoop 4 oz of chili on top. Top with 1 oz shredded cheese.
- CCP: Hold for hot service at 135° F or higher.
- Serve with lettuce and salsa and sour cream (serving sizes on menu)

Note: CCP: Any unopened heated bags of Meat and implementing Temperature as a Public Health Control must be cooled to 70° F in 2 hrs. or less and 41 ° F in 4 additional hours or less.

Place unopened bags in a sink with cold water to help speed the process, then remove the product from the bag and empty into a 2" pan, place the pan on the top shelf of the refrigerator (or freezer to speed the process even faster). After the product is cooled to acceptable temperature cover and date for future use, either store in refrigerator or freeze depending on when it is to be used. Must be used within 7 days if refrigerated.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.12
Fat	19.58g
SaturatedFat	8.27g
Trans Fat	0.00g
Cholesterol	51.77mg
Sodium	510.97mg
Carbohydrates	39.31g
Fiber	5.74g
Sugar	3.43g
Protein	19.04g
Vitamin A 859.01IU	Vitamin C 13.04mg
Calcium 237.31mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22947
School:	LaSalle		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Equals 1.25 Grain equivalents	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	Equals 1.00 Grain equivalents	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	Equals 1.25 Grain equivalents	695880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	196.67mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.33g
Protein	2.33g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-24336
School:	LaSalle		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 Fluid Ounce		533034
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BURRITO

Amount Per Serving			
Calories	305.50		
Fat	15.35g		
SaturatedFat	7.20g		
Trans Fat	0.00g		
Cholesterol	160.50mg		
Sodium	446.50mg		
Carbohydrates	31.15g		
Fiber	4.00g		
Sugar	2.90g		
Protein	13.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.75mg	Iron	2.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Choice

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Package		774471
CRACKER PRESIDENTS SMART 120-1Z	1 Package		159381
CRACKER STATES&CAPITALS SMRT 120-.88Z	1 Package		159371
CRACKER ENG & SPANSH SMART 120-1Z	1 Package		159361
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

Preparation Instructions

Note: If served at lunch all graham crackers count towards the dessert grain for the week

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	119.17		
Fat	3.83g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	20.75g		
Fiber	1.33g		
Sugar	6.67g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32419

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	4.50g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	80.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.33IU	Vitamin C 0.73mg
Calcium 10.33mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	1 Each		785880
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each		663091
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Commodity/Brown Box	100036

Preparation Instructions

Sausage Patty: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Egg Patty: Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Biscuit:

PAN FROZEN PRODUCT ON PAPERLINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

Assemble sandwich with 1 biscuit, 1 egg patty, 1 sausage patty, and 1 slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	383.70		
Fat	23.40g		
SaturatedFat	10.70g		
Trans Fat	0.07g		
Cholesterol	135.50mg		
Sodium	818.20mg		
Carbohydrates	25.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	15.90g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	64.58mg	Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-32421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	1 Each		785880
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each		663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Commodity/Brown Box	100036
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

Preparation Instructions

Sausage Patty: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Egg Patty: Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

English Muffin: Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.

Assemble sandwich with 1 English muffin, 1 egg patty, 1 sausage patty, and 1 slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	331.00
Fat	17.50g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	133.50mg
Sodium	707.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 127.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-32422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	1 Each		785880
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each		663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Commodity/Brown Box	100036
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

Preparation Instructions

Sausage Patty: Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

Egg Patty: Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Bagel: Keep Frozen Until Ready to Use.

Assemble sandwich with 1 Bagel, 1 egg patty, 1 sausage patty, and 1 slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	351.00		
Fat	17.00g		
SaturatedFat	6.20g		
Trans Fat	0.00g		
Cholesterol	133.50mg		
Sodium	617.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	18.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	67.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
MARGARINE SLD 30-1 GCHC	1/4 Pound		733061
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626

Preparation Instructions

Put 3 cans of carrots in steam pan. Add 1/4 lb margarine and 1 cup brown sugar. Heat in combi or steamer 20-30 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.09		
Fat	1.57g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	209.71mg		
Carbohydrates	8.97g		
Fiber	1.39g		
Sugar	6.20g		
Protein	0.00g		
Vitamin A	107.14IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Bean Casserole

Servings:	57.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN		101346
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN		273856
FAT FREE SKIM MILK	1 HALF-PINT		5404
ONION FREN FRIED 6-24Z FRENC	1/2 Package		201413

Preparation Instructions

1. In a 4" pan put 3 cans of drained green beans
2. Mix 1 can of cream of mushroom soup with 1 cup of milk
3. Pour mixture over beans
4. Saran and foil wrap pan
5. Bake fir 1 hour 15 minutes.
6. Bake french fried onions on a cookie sheet for approximately 5 minutes.
7. Put baked french fried onions just before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	77.00		
Fat	3.48g		
SaturatedFat	1.77g		
Trans Fat	0.00g		
Cholesterol	0.71mg		
Sodium	451.23mg		
Carbohydrates	7.96g		
Fiber	2.97g		
Sugar	1.68g		
Protein	1.75g		
Vitamin A	0.18IU	Vitamin C	0.04mg
Calcium	31.84mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	49.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
Salsa, Low-Sodium, Canned	1 #10 CAN	READY_TO_EAT	100330
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SALT IODIZED 18-2.25 GCHC	1/8 Cup		350732

Preparation Instructions

1. ADD INGREDIENTS TO PAN.
2. COOK UNCOVERED IN THE STEAMER FOR ABOUT 50 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	137.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2000.47mg		
Carbohydrates	25.34g		
Fiber	7.39g		
Sugar	3.17g		
Protein	7.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738
Tap Water for Recipes	17 Cup	1 Gallon plus 1 cup	000001WTR

Preparation Instructions

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.54
Fat	1.29g
SaturatedFat	0.77g
Trans Fat	0.00g
Cholesterol	3.87mg
Sodium	94.42mg
Carbohydrates	5.99g
Fiber	3.20g
Sugar	1.07g
Protein	4.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.01mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Sliced Apples

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN		117773
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash top of cans before opening. Place 2 cans of apples in 4 inch deep steam pan.

Combine brown sugar and cinnamon with apples. Stir to coat.

Bake apples in 350 degree oven for 45 minutes, or until lightly browned on top.

Serve immediately with 4 ounce spoodle or #8 scoop.

CCP: Hot foods held for later service must maintain a minimum internal temperature of 140 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.54		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	20.10g		
Fiber	2.07g		
Sugar	16.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY 6-26.9Z	26 9/10 Ounce	RECONSTITUTE 1: Pour 1 2 gallon 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 40 minutes on steamtable. 4: Season if desired, stir, serve.	183900
Salsa, Low-Sodium, Canned	2 Cup	READY_TO_EAT	100330
Cheese, Mozzarella, Part Skim, Shredded	1 Cup		100021

Preparation Instructions

Use one package of black beans per 4B pan. Prepare beans per package instructions. Add 2 cups of heated salsa and mix. Top with 1 cup mozzarella cheese and put in hot cart.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	170.85
Fat	2.43g
SaturatedFat	1.34g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	399.97mg
Carbohydrates	27.32g
Fiber	9.08g
Sugar	3.07g
Protein	9.48g
Vitamin A 5.95IU	Vitamin C 0.08mg
Calcium 34.78mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Potatoes

Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GCHC	3 #10 CAN		169501
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	65.76
Fat	1.35g
SaturatedFat	0.86g
Trans Fat	0.00g
Cholesterol	3.69mg
Sodium	135.81mg
Carbohydrates	12.47g
Fiber	1.78g
Sugar	0.00g
Protein	0.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.64mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32433

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
DRESSING RNCH LT 4-1GAL BRTHARB	1 Tablespoon		222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	570.21
Fat	33.50g
SaturatedFat	7.75g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	870.00mg
Carbohydrates	40.04g
Fiber	3.52g
Sugar	5.02g
Protein	25.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.34mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice	3 slices should weigh 1.5 oz.	100187
Turkey Breast Deli	1 3/4 Ounce	Adjust meat slicer to slice turkey breast to approximately 1.75 oz. (Anywhere from 1.59 oz. to 1.99 oz. is acceptable.)	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

Arrange turkey, ham , & cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	307.13		
Fat	9.66g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	60.45mg		
Sodium	911.32mg		
Carbohydrates	34.56g		
Fiber	2.00g		
Sugar	5.73g		
Protein	25.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32435
School:	Emmons		

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

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cheese Crackers

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32436
School:	Emmons		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
CRACKER GLDFSH MICKEY MOUSE 300-.75Z	1 Each		613281

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	98.00		
Fat	3.50g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	0.80g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32437

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each		645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390

Preparation Instructions

Chicken Patty: BAKE

Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION: Oven 6-8 minutes at 375°F from frozen.

Biscuit:

PAN FROZEN PRODUCT ON PAPERLINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	267.70		
Fat	11.90g		
SaturatedFat	5.50g		
Trans Fat	0.07g		
Cholesterol	14.50mg		
Sodium	596.20mg		
Carbohydrates	29.00g		
Fiber	4.10g		
Sugar	2.00g		
Protein	10.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.58mg	Iron	2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32439
School:	Emmons		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRT NORTHR 6-10 GCHC	3 #10 CAN		119075
BASE HAM NO ADDED MSG 12-1 GCHC	1/4 Cup		686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	129.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.36mg
Carbohydrates	22.64g
Fiber	7.54g
Sugar	1.08g
Protein	7.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 67.90mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available