

Cookbook for School City of Hobart

Created by HPS Menu Planner

Cookbook for

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Cookbook for Early Learning Center at George Earle Elementary

Created by HPS Menu Planner

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Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	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

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	148.14		
Fat	0.30g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.54mg		
Carbohydrates	39.46g		
Fiber	7.15g		
Sugar	24.97g		
Protein	1.37g		
Vitamin A	145.07IU	Vitamin C	44.46mg
Calcium	29.90mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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Nutrition - Per 100g

No 100g Conversion Available

All American Burger

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9092
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	24 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 24.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Dip

Servings:	16.87	Category:	Vegetable
Serving Size:	1.00 #8 Disher	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	28 1/2 Ounce	RECONSTITUTE 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
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250

Preparation Instructions

Prepare dried beans as stated on packaging.

Once prepared, top your pan of beans with 1 1/2 cups of shredded cheddar cheese.

Cover and place in warmer until ready to serve.

CCP: Hold hot for service at 135 degrees F for up to 2 hours.

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: 16.87

Serving Size: 1.00 #8 Disher

Amount Per Serving	
Calories	218.66
Fat	4.70g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	10.67mg
Sodium	715.89mg
Carbohydrates	31.28g
Fiber	9.97g
Sugar	0.00g
Protein	12.46g
Vitamin A 0.70IU	Vitamin C 0.99mg
Calcium 126.58mg	Iron 2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs & Whole Grain Toast

Servings:	10.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	3 1/2 Cup		584584
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	10 Each		710650

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

Take 6oz paper boat and scoop 1/3 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 degrees F or higher.

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 10.00

Serving Size: 1.00 set

Amount Per Serving

Calories	220.64		
Fat	13.84g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	150.14mg		
Sodium	322.00mg		
Carbohydrates	13.01g		
Fiber	2.00g		
Sugar	2.01g		
Protein	9.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.75mg	Iron	2.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast (ELC)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21658
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	50 Each		240080
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving			
Calories	290.00		
Fat	22.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	430.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	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

Yogurt & Whole Grain Muffin (ELM)

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22550
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	30 Each		765020
4 Ounce Paper Food Tray, Aspire Pattern	30		122861
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

You can serve any of the following muffins with your yogurts

557970 - blueberry

557981 - banana

558011 - apple cinnamon

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.67
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	188.33mg
Carbohydrates	40.67g
Fiber	2.00g
Sugar	23.33g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.67mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Cup		882700
PORK CRMBL CKD 35/Z 3-5 FONT	1 Cup		148644
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/2 Cup		481492
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.150
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	453.80
Fat	26.24g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	232.10mg
Sodium	1020.60mg
Carbohydrates	38.14g
Fiber	5.50g
Sugar	5.32g
Protein	20.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.02mg	Iron 4.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	193.10
Fat	6.80g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	34.00mg
Sodium	455.70mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	14.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 72.00mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Hobart High School

Created by HPS Menu Planner

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Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Fluid Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
White Wheat Hot Dog Bun 5.75"	1 Each	READY_TO_EAT	53071
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039

Preparation Instructions

Prepare hot dog as directed.

Prepare chili as directed.

Once hot dog has reached an internal temperature of 165 degrees F, place it in hot dog bun. Then top with 2 ounce ladle of chili. Place 1 ounce ladle of cheese over chili.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	429.34
Fat	24.90g
SaturatedFat	9.70g
Trans Fat	0.50g
Cholesterol	61.23mg
Sodium	947.70mg
Carbohydrates	33.67g
Fiber	3.87g
Sugar	4.72g
Protein	20.10g
Vitamin A 429.50IU	Vitamin C 6.52mg
Calcium 129.87mg	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

Ham, Egg & Cheese on a Whole Grain Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3707
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce		100187

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain biscuit as stated on package.

Once egg patty and biscuit are prepared, split the biscuits in half. Place 1 egg patty on the bottom half of biscuit. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the biscuit on top of the cheese.

Cover and place in warmer until ready to serve.

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 Breakfast Sandwich

Amount Per Serving

Calories	362.00
Fat	19.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	125.50mg
Sodium	897.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.50mg	Iron 1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	6 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.95mg		
Carbohydrates	4.03g		
Fiber	1.00g		
Sugar	2.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Ham, Cubed Frozen	61 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	75 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	150 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	100 Each		329517

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	209.26
Fat	14.59g
SaturatedFat	10.02g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	518.81mg
Carbohydrates	5.11g
Fiber	0.47g
Sugar	2.08g
Protein	15.86g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 303.26mg	Iron 0.11mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.14
Fat	0.30g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.54mg
Carbohydrates	39.46g
Fiber	7.15g
Sugar	24.97g
Protein	1.37g
Vitamin A 145.07IU	Vitamin C 44.46mg
Calcium 29.90mg	Iron 0.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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Nutrition - Per 100g

No 100g Conversion Available

Americana Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8137
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

Preparation Instructions

Prepare Beef Patty as directed on packaging.

Line a sheet tray with parchment paper and then place the bottom halves of the bun on top of the parchment.

Set all of the bun tops aside, covered.

Place 1 slice of American cheese on top of each buns' bottom.

Place prepared beef patty on top of the cheese.

Top each patty with the buns' tops.

Wrap each tray with a cover and place in warmer until serving time.

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	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Smoke House Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8164
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
ONION FREN FRIED 6- 24Z GFS	50 Tablespoon		403592
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	401.67		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	465.00mg		
Carbohydrates	36.67g		
Fiber	3.00g		
Sugar	12.50g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.33mg	Iron	2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Sweet Chili Chicken Wrap

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	160 Ounce		100101
SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	32 Ounce		838090
CUCUMBER SELECT 24CT MRKN	16 Each		418439
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup		451730
TOMATO ROMA DCD 3/8 2-5 RSS	5 Cup		786543
TORTILLA FLOUR 10 12-12CT GRSZ	40 Each	READY_TO_EAT	713340

Preparation Instructions

Pull Commodity Diced Chicken from the freezer a day or two ahead of time, so it will be thawed for the day of production.

In a large bowl or steam table pan, add Commodity Chicken and 32 ounces of Sweet Chili Sauce (1/2 bottle). Mix until chicken is evenly coated with the chilie sauce.

Set a side.

In another bowl, mix Romaine Lettuce and Dice Tomatoes.

Set a side.

Line your prep table with parchment paper.

Line 10" tortillas on top of the parchment paper.

Place 3 cucumber slices on each tortilla.

Scoop 1/2 cup of the lettuce/tomato mixture on top of the cucumbers.

Scoop 2 - 2 ounce spoodles of sweet chili chicken on top of the lettuce/tomatoes.

Roll toritlla.

You can wrap these or just line a pan.

Chill for service.

CCP: Hold for cold service at 41 degrees F or below.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.042
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	392.29		
Fat	9.02g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	840.20mg		
Carbohydrates	46.15g		
Fiber	1.11g		
Sugar	13.49g		
Protein	28.11g		
Vitamin A	90.92IU	Vitamin C	2.21mg
Calcium	52.21mg	Iron	2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Biscuits & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	50 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY 6- 10 CHEFM	12 1/2 Cup		464694

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	3.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry Fruit Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Smoothie	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8501

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6-6.5 GCHC	25 Cup		293393
Fat Free Milk	25 Cup		22

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.493
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: 1.00 Smoothie

Amount Per Serving

Calories	231.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	119.70mg
Carbohydrates	48.13g
Fiber	1.00g
Sugar	38.42g
Protein	7.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.33mg	Iron 0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	46.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	92 Tablespoon	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	28 1/2 Teaspoon		209810
SALT IODIZED 25 CARG	1 Teaspoon		108286
GRAVY MIX CHIX 12-15Z GCHC	25 Tablespoon	BAKE 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
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup		150250
CORN SUPER SWT 30 GCHC	11 1/2 Cup		358991
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	552 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

Preparation Instructions

Prepare Mashed Potatoes as directed on package using Butter Buds and Salt.

Prepare Gravy as directed on package.

Prepare Corn as directed on package.

Prepare Popcorn Chicken as directed on package.

Meal Components (SLE)

Amount Per Serving

Meat	2.682
Grain	1.091
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.813

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	577.00
Fat	19.60g
SaturatedFat	5.73g
Trans Fat	0.00g
Cholesterol	36.82mg
Sodium	804.51mg
Carbohydrates	69.94g
Fiber	6.77g
Sugar	2.96g
Protein	26.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.01mg	Iron 3.12mg

*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:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.86mg		
Carbohydrates	20.38g		
Fiber	1.44g		
Sugar	0.00g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.43mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

4 Alarm Chicken Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9216
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	24 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

Prepare chicken as stated on box.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each		517830

Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or 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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese on a Whole Grain English Muffin

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	50 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. 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.	687131
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	50 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain English muffin as stated on package.

Once the egg patty and the muffin are prepared, split the english muffin in half. Place 1 egg patty on the bottom half of muffin. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the muffin on top of the cheese.

Cover and place in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 50.00

Serving Size: 1.00 Breakfast Sandwich

Amount Per Serving

Calories	235.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	605.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	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

Homemade Turkey & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
WHOLE WHEAT FLOUR STONE GROUND 50	2 Cup		330094
STARCH CORN 24-1 ARGO	1/2 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

—
In a bowl, whisk together the corn starch and the flour. Set aside.

—
Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

—
While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

–
Fold in the heated turkey.

–
Serve over mashed potatoes or a whole grain biscuit.

–
CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving

Calories	141.63
Fat	6.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.44mg
Carbohydrates	4.24g
Fiber	0.51g
Sugar	0.16g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12337

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
DRESSING CAESAR PKT 60-1.5Z CARDINI	1 Each		776858
CHEESE PARM SHRD FCY 2-5 STLL	1 Teaspoon		871380
24 oz White Wheat Bread, Split Top 5/8" Slice	1 Slice	READY_TO_EAT	11162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	439.17
Fat	31.67g
SaturatedFat	5.92g
Trans Fat	0.00g
Cholesterol	92.08mg
Sodium	956.67mg
Carbohydrates	21.17g
Fiber	3.08g
Sugar	6.00g
Protein	19.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.83mg	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

Grilled Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
DRESSING CAESAR 4-1GAL LTHSE	2 Tablespoon	<p>READY_TO_EAT Use as a dressing or dip</p>	132141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
CHEESE PARM SHRD FCY 2-5 STLL	1 Tablespoon		871380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	447.55
Fat	25.00g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	61.25mg
Sodium	990.00mg
Carbohydrates	33.51g
Fiber	3.26g
Sugar	5.01g
Protein	21.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.59mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zingy Turkey Pepper Jack Sub

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	48 Ounce	3.18 ounces by weight = 1 serving and is equal to 2M/MA	100121
CHEESE PEPR JK GHOST SLCD 1Z 6-1.5	15 Slice		553332
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	15 Each	READY_TO_EAT	276142

Preparation Instructions

Slice turkey breasts (can be sliced in advance)

—

Place sub bun packages into your holding cabinets

—

Grab a shallow steam-table pan

Place 3.18oz sliced turkey clusters in the steam-table pan (5 x 3) (You might be able to get more than 15)

Steam turkey clusters

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

—

Place a slice of pepper-jack cheese on top of turkey clusters.

Put back into the steam until cheese is melted

—

These subs will be assembled on the line

—

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

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 15.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	382.00
Fat	15.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	81.00mg
Sodium	928.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	3.00g
Protein	32.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 250.00mg	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

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Brickie Rib

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
SAUCE BBQ 4- 1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving

Calories	355.00		
Fat	12.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	775.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	16.50g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smooth Tomato Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	56 1/2 Cup	9 cans	101427
Tap Water for Recipes	56 1/2 Cup	UNPREPARED	000001WTR

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	101.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	540.00mg		
Carbohydrates	22.50g		
Fiber	1.13g		
Sugar	13.50g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.50mg	Iron	0.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Quesadilla

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	674.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 488.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19664
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
PICKLE DILL SAND STRIP 5GAL GIEL	1 Ounce		760854
MUSTARD DIJON PKT 200-.25Z GRYP	1 Each		509957

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.601
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	550.08
Fat	26.30g
SaturatedFat	8.94g
Trans Fat	0.00g
Cholesterol	167.65mg
Sodium	2451.18mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.00g
Protein	49.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.00mg	Iron 3.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Gyro

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
BEEF STK PHLL SEAS CKD 2.86Z 6- 5 JTM	3 Ounce		720861

Preparation Instructions

Heat meat according to directions. Place 2.86 oz serving on each pita.

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 set

Amount Per Serving

Calories	323.20		
Fat	13.40g		
SaturatedFat	4.30g		
Trans Fat	0.58g		
Cholesterol	40.00mg		
Sodium	712.00mg		
Carbohydrates	31.00g		
Fiber	2.70g		
Sugar	4.00g		
Protein	18.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.31mg	Iron	3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401
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 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

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	115.30
Fat	1.63g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.80mg
Carbohydrates	23.50g
Fiber	1.95g
Sugar	7.50g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.80mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza

Servings:	112.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28593
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	112 slice (5.13 oz)		444115
SAUCE HOT REDHOT 12-23FLZ FRNKS	34 1/2 Ounce		557609
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Teaspoon		514047
DRESSING RNCH 4-1 GAL KE	1/2 Cup		631430
Chicken, diced, cooked, frozen	10 Pound		100101

Preparation Instructions

Day 1

Pull the diced chicken out of the freezer 2 days before you are serving Buffalo Chicken Pizza. Remove from wrapping and place the frozen, diced chicken in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

Day 2

Melt butter.

Add Hot Sauce and Garlic to Butter.

Put thawed and drained chicken into a 4" full size pan and pour all of the marinade on chicken.

Toss well, cover and store in cooler overnight.

Day 3 (serving day)

Preheat oven to 350°F

Spread 8 oz of the Buffalo Chicken on Pizza

Add a "swirl" of Ranch Dressing

Bake for 10 mins rotate pan and bake an additional 10 mins.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 112.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	428.21
Fat	19.27g
SaturatedFat	9.04g
Trans Fat	0.00g
Cholesterol	74.55mg
Sodium	844.88mg
Carbohydrates	35.02g
Fiber	4.00g
Sugar	6.02g
Protein	26.57g
Vitamin A 349.31IU	Vitamin C 0.00mg
Calcium 380.43mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baja Fish Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28626
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLAW HEART-Y 4-2 RSS	1 Ounce		680752
DRESSING ASIAN SESM GINGR 4-1GAL GFS	1 Tablespoon		166722
TORTILLA FLOUR 10 12- 12CT GRSZ	1 Each	READY_TO_EAT	713340
POLLOCK BRD STIX NACH MSC 1Z 20	4 Piece	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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	481.25
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	867.50mg
Carbohydrates	58.25g
Fiber	2.50g
Sugar	4.00g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 79.25mg	Iron 3.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Avocado Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
LETTUCE ROMAINE HRYS 7-6CT MRKN	1/2 Cup		211782
TOMATO ROMA DCD 3/8 2-5 RSS	1/2 Cup		786543
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each		713370
Avocado Spread	1 Serving	Mix all the ingredients together.	R-28653

Preparation Instructions

- Lay out sheets of parchments.
- Lay tortillas on the parchment.
- Smear with Avocado Spread.
- Add lettuce, turkey, ham, diced tomatoes, and cheese.
- Roll and fold tortilla.
- Cut in half on a diagonal.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Wrap

Amount Per Serving

Calories	552.29
Fat	25.34g
SaturatedFat	9.89g
Trans Fat	0.00g
Cholesterol	78.10mg
Sodium	1294.92mg
Carbohydrates	55.99g
Fiber	3.51g
Sugar	6.10g
Protein	26.79g
Vitamin A 6.72IU	Vitamin C 0.46mg
Calcium 207.40mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Firehouse Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28683
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE PEPR JK SLCD 6-1.5	1 Slice		777587
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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	415.00
Fat	21.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	710.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	4.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Breakfast Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	283.33
Fat	8.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	230.00mg
Carbohydrates	47.67g
Fiber	3.00g
Sugar	21.67g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 1.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Maple Waffle Sandwich with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WGR Waffle flatbread with maple flavor	2 Each	HEAT_AND_SERVE	399743
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Cup		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each		112630

Preparation Instructions

No Preparation Instructions available.

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	555.00
Fat	37.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	975.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	9.50g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 119.50mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28890
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Pulled Pork Sandwich

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29651
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pork, Pulled, Cooked, Frozen	640 Ounce	HEAT_AND_SERVE	110730-1
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	160 Each		517810

Preparation Instructions

4 ounces of meat on a hamburger bun.

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: 160.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	324.00
Fat	11.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	584.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	28.00g

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

Calcium 30.00mg **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

Breakfast Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29768
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Each	BAKE	503640
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	210.00
Fat	7.67g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	340.00mg
Carbohydrates	24.67g
Fiber	2.67g
Sugar	5.00g
Protein	9.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub w/Homemade Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
Homemade Meatballs	4 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE MARINARA A/P 6-10 REDPK	1 Cup	READY_TO_EAT None	592714

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated in the Homemade Meatball recipe.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.724
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 Sandwich

Amount Per Serving

Calories	445.95
Fat	16.83g
SaturatedFat	4.41g
Trans Fat	1.59g
Cholesterol	76.11mg
Sodium	1247.13mg
Carbohydrates	49.60g
Fiber	6.19g
Sugar	14.80g
Protein	23.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.07mg	Iron 4.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Field Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31268
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING POPPYSEED 4-1GAL PMLL	2 Tablespoon		850942
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
STRAWBERRY 8 MRKN	1 Ounce		212768
CHEESE FETA CRMBL 4-2.5 P/L	1 Ounce		716685
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SPRING MIX SWT 1-3 RSS	2 Cup		701570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.100
GreenVeg	2.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	381.07
Fat	16.59g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	89.00mg
Sodium	1041.29mg
Carbohydrates	34.72g
Fiber	11.24g
Sugar	20.17g
Protein	30.87g
Vitamin A 153.40IU	Vitamin C 16.67mg
Calcium 295.20mg	Iron 5.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 enchilada	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31284
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Fajita Strips, Cooked, Frozen	5 Pound		100117
SAUCE ENCHILADA MILD 4-1GAL GRSZ	32 Ounce		598461
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	32 Ounce		722110
TOMATO DCD PETITE 6-10 GCHC	36 Ounce		498871
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	20 Ounce	UNPREPARED	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	44 Each		882700

Preparation Instructions

1. Preheat Oven to 400°F or Convection Oven and 350°F for a Deck Oven.

Place frozen chicken fajita strips in a single layer on sheet pans. Cook for about 20 mins. Heat to an internal temperature of 165°F for 15 seconds.

2. Portion 34 oz (4.25 cups) of enchilada sauce with diced tomatoes in each hotel pan to coat bottom.

3. Portion 1.7 oz of chicken in the center of 8" tortillas.

4. Roll tortillas leaving ends open and portion 22 enchiladas in each hotel pan.

5. Ladle 18oz of Queso Blanco over each pan of enchiladas evenly.

6. Sprinkle 10 oz of shredded cheddar cheese over each pan.

7. Bake at 350° oven until cheese is melted.

Recipe yields 44 servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 44.00

Serving Size: 1.00 enchilada

Amount Per Serving

Calories	371.12
Fat	14.85g
SaturatedFat	8.67g
Trans Fat	0.00g
Cholesterol	86.91mg
Sodium	896.77mg
Carbohydrates	33.65g
Fiber	4.22g
Sugar	4.42g
Protein	27.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.07mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip, Updated

Servings:	60.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	5 Pound		100101
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound		722110
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 Cup		557609
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	60 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

Prep Time: 45 Mins

Heating Instructions for Queso Blanco & Buffalo Sauce:

1. Place unopened pouches in a full-size perforated pan.
2. Heat approximately 30-45 mins and check for internal temp of 145 °F
3. Once the product has reached internal temp, place on serving line or hold hot unit until ready to use.

Chicken Heating:

1. Heat frozen diced or shredded chicken accordingly to the manufacture heating instructions

Assemble

In a mixing bowl, combine the Queso Blanco and 1 cup of Buffalo Style sauce; mix until fully blended.

In a fill size 2" deep pan, toss chicken with the buffalo queso mixture and blend thoroughly

Portion:

1. In a bowl, portion 2.9 oz by weight or #16 scoop of buffalo chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 60.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	239.07
Fat	10.23g
SaturatedFat	3.73g
Trans Fat	0.01g
Cholesterol	47.33mg
Sodium	605.36mg
Carbohydrates	19.67g
Fiber	1.07g
Sugar	0.00g
Protein	14.47g
Vitamin A 160.03IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Chili Meatballs

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE THAI SPCY SWT CHILI 6-.5GAL	60 Ounce		640183
Homemade Meatballs	1 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429

Preparation Instructions

Make and Cook Meatballs according to recipe.

Mix Meatballs and Sweet Chili Sauce and heat until product is at least 135°F

Serve 4 meatballs with sauce over 1/2 cup of brown rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.931
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	107.59
Fat	2.93g
SaturatedFat	0.98g
Trans Fat	0.40g
Cholesterol	19.03mg
Sodium	369.08mg
Carbohydrates	16.40g
Fiber	0.25g
Sugar	14.45g
Protein	3.29g
Vitamin A 84.53IU	Vitamin C 2.59mg
Calcium 10.01mg	Iron 0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hand Rolled Burritos

Servings:	25.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound		722330
RICE BRN PARBL WGRAIN 25 GCHC	2 1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
TORTILLA FLOUR 12 12- 12CT GRSZ	25 Each		713370
Cheese, Cheddar Reduced fat, Shredded	12 1/2 Ounce		100012

Preparation Instructions

Cook Rice and Meat according to the directions on the package.

Steam/Heat tortilla. Portion 1/2 cup of cooked rice on the center of the tortilla.

Portion 3.17 oz (by weight), #10 scoop or 3/8 cup of taco meat in the center of the tortilla.

Sprinkle a half ounce of shredded cheese over meat and rice.

Fold burrito. Wrap burrito in foil to hold hot.

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: 25.00

Serving Size: 1.00 BURRITO

Amount Per Serving

Calories	522.17
Fat	16.45g
SaturatedFat	7.82g
Trans Fat	0.29g
Cholesterol	44.32mg
Sodium	978.50mg
Carbohydrates	70.95g
Fiber	4.42g
Sugar	5.02g
Protein	25.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.47mg	Iron 5.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	193.10
Fat	6.80g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	34.00mg
Sodium	455.70mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	14.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 72.00mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl w/Sausage Gravy

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31536

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK 4-5 JTM	5 Pound		751322
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	45 Ounce		481492
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	90 Ounce		504122
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	24 Ounce	UNPREPARED	100012
DOUGH BISC STHRN STYL 216-2.25Z RICH	45 Each		133493

Preparation Instructions

Heat the individual items according to the directions on the package.

Place 2.91 ounces of Crispy Cubes in a bowl, top with 2 ounces of sausage gravy, 1 ounce scrambled eggs and garnish with 1 tsp of shredded cheese. Serve with a whole grain biscuit on the side.

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	0.500

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	891.98
Fat	55.87g
SaturatedFat	30.49g
Trans Fat	0.50g
Cholesterol	139.65mg
Sodium	2455.36mg
Carbohydrates	67.36g
Fiber	3.10g
Sugar	3.16g
Protein	25.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.92mg	Iron 4.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	24 Each		108197
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Cup	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 350°

Spray a 4" deep full steam table pan with pan spray.

Place 2 cups of sauce on the bottom.

Place 8 uncooked lasagna noodles, followed by 2 cups of sauce, 2 cups of beef crumbles, and 2 cups of cheese.

Repeat layers.

Place 8 noodles on top followed by 2 cups of sauce and the rest of the cheese.

Cover with foil and cook for about 60-75 mins

Let stand uncovered for 15 mins.

Cut each pan 4x6

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	233.04
Fat	7.08g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.08mg
Sodium	499.69mg
Carbohydrates	29.26g
Fiber	3.42g
Sugar	6.84g
Protein	13.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.94mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Salisbury Steak

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Meat Patty	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
BREAD CRUMB FINE UNSEAS 20 GCHC	1/2 Cup	UNPREPARED See Package Instructions	175671
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
EGG WHL LIQ 6-5 GCHC	1/2 Cup		284122
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 1/2 Tablespoon		100129
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

Preparation Instructions

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl.
3. Add in ground beef and mix gently until combined. Do not overwork.
4. Using a #8 Scoop, place on baking sheet and shape into oval. You should be able to fit about 24 on tray.
5. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.
6. Place in a 2" deep steam table pan and cover in brown gravy.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Meat Patty

Amount Per Serving

Calories	46.49		
Fat	2.83g		
SaturatedFat	0.98g		
Trans Fat	0.40g		
Cholesterol	19.03mg		
Sodium	56.78mg		
Carbohydrates	1.40g		
Fiber	0.05g		
Sugar	0.45g		
Protein	3.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Fluff

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST 12-24Z GCHC	48 Ounce		106666
PUMPKIN FCY 6-10 GCHC	4 Pound		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	2 Quart		313165
CRUMB CRACKER GRAHAM 10 KEEB	6 1/2 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.150
GreenVeg	0.000
RedVeg	0.750
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	86.79		
Fat	2.11g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	113.25mg		
Carbohydrates	14.37g		
Fiber	0.49g		
Sugar	8.78g		
Protein	1.86g		
Vitamin A	1.60IU	Vitamin C	0.32mg
Calcium	40.98mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo Flatbread Pizza

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Flatbread	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32413
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	8 Ounce		100101
SAUCE ALFREDO FZ 6-5 JTM	16 Ounce		155661
Cheese, Mozzarella, Part Skim, Shredded	8 Ounce		100021
FLATBREAD W/GRAIN 4 192-1Z RICH	12 Each		959048
PEPPERS RED RSTD 117CT 6-10 GCHC	4 Ounce		793469

Preparation Instructions

- Heat Alfredo Sauce until it is 145°
- Portion the alfredo sauce over flatbread.
- Sprinkle cheese over alfredo sauce.
- Portion chicken and roasted peppers around flatbread.
- Bake at 450° for 4-5 mins, serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Flatbread

Amount Per Serving

Calories	237.91
Fat	10.98g
SaturatedFat	5.52g
Trans Fat	0.00g
Cholesterol	44.51mg
Sodium	657.83mg
Carbohydrates	19.64g
Fiber	1.67g
Sugar	5.52g
Protein	15.37g
Vitamin A 161.12IU	Vitamin C 0.03mg
Calcium 163.59mg	Iron 0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Sub Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32414
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1 Each		133558
Turkey Breast Deli	3 Ounce		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Sandwich

Amount Per Serving

Calories	388.32		
Fat	9.85g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	56.05mg		
Sodium	979.02mg		
Carbohydrates	51.40g		
Fiber	2.00g		
Sugar	4.73g		
Protein	25.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Hobart Middle School

Created by HPS Menu Planner

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Smoke House Burger

Sweet Chili Chicken Wrap

Whole Grain Biscuits & Gravy

Strawberry Fruit Smoothie

Cheese Omelet & Whole Grain Toast

Popcorn Chicken Bowl

Mashed Potatoes

4 Alarm Chicken Sandwich

All Beef Hot Dog

Egg & Cheese on a Whole Grain English Muffin

Homemade Turkey & Gravy

Grilled Chicken Caesar Salad

Grilled Chicken Caesar Wrap

Zingy Turkey Pepper Jack Sub

Sidekick Fruit Slushie

Brickie Rib

Smooth Tomato Soup

Cheese Quesadilla

Cuban Sandwich

Gyro

Memphis BBQ Bowl

Yogurt Parfait

Whole Grain Cereal Variety

Whole Grain Donuts

Buffalo Chicken Pizza

Baja Fish Taco

California Avocado Wrap

Firehouse Burger

Whole Grain Breakfast Bar

Maple Waffle Sandwich with Sausage

Grilled Cheese

Applesauce Cup Variety

Pulled Pork Sandwich

Breakfast Pizza

Juice Cup Variety

Meatball Sub w/Homemade Meatballs

Strawberry Field Salad

Chicken Enchiladas

Buffalo Chicken Dip, Updated

Sweet Chili Meatballs

Hand Rolled Burritos

Soft Shell Taco

Breakfast Bowl w/Sausage Gravy

Lasagna

Homemade Salisbury Steak

Pumpkin Fluff

Chicken Alfredo Flatbread Pizza

Fresh Baked Sub Sandwich

Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Fluid Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
White Wheat Hot Dog Bun 5.75"	1 Each	READY_TO_EAT	53071
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039

Preparation Instructions

Prepare hot dog as directed.

Prepare chili as directed.

Once hot dog has reached an internal temperature of 165 degrees F, place it in hot dog bun. Then top with 2 ounce ladle of chili. Place 1 ounce ladle of cheese over chili.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	429.34
Fat	24.90g
SaturatedFat	9.70g
Trans Fat	0.50g
Cholesterol	61.23mg
Sodium	947.70mg
Carbohydrates	33.67g
Fiber	3.87g
Sugar	4.72g
Protein	20.10g
Vitamin A 429.50IU	Vitamin C 6.52mg
Calcium 129.87mg	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

Ham, Egg & Cheese on a Whole Grain Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3707
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce		100187

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain biscuit as stated on package.

Once egg patty and biscuit are prepared, split the biscuits in half. Place 1 egg patty on the bottom half of biscuit. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the biscuit on top of the cheese.

Cover and place in warmer until ready to serve.

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 Breakfast Sandwich

Amount Per Serving

Calories	362.00
Fat	19.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	125.50mg
Sodium	897.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.50mg	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

Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	6 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.95mg		
Carbohydrates	4.03g		
Fiber	1.00g		
Sugar	2.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Ham, Cubed Frozen	61 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	75 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	150 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	100 Each		329517

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	209.26
Fat	14.59g
SaturatedFat	10.02g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	518.81mg
Carbohydrates	5.11g
Fiber	0.47g
Sugar	2.08g
Protein	15.86g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 303.26mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.14
Fat	0.30g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.54mg
Carbohydrates	39.46g
Fiber	7.15g
Sugar	24.97g
Protein	1.37g
Vitamin A 145.07IU	Vitamin C 44.46mg
Calcium 29.90mg	Iron 0.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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Nutrition - Per 100g

No 100g Conversion Available

Americana Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8137
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

Preparation Instructions

Prepare Beef Patty as directed on packaging.

Line a sheet tray with parchment paper and then place the bottom halves of the bun on top of the parchment.

Set all of the bun tops aside, covered.

Place 1 slice of American cheese on top of each buns' bottom.

Place prepared beef patty on top of the cheese.

Top each patty with the buns' tops.

Wrap each tray with a cover and place in warmer until serving time.

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	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoke House Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8164
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
ONION FREN FRIED 6- 24Z GFS	50 Tablespoon		403592
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	401.67
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	465.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	12.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.33mg	Iron 2.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Sweet Chili Chicken Wrap

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	160 Ounce		100101
SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	32 Ounce		838090
CUCUMBER SELECT 24CT MRKN	16 Each		418439
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup		451730
TOMATO ROMA DCD 3/8 2-5 RSS	5 Cup		786543
TORTILLA FLOUR 10 12-12CT GRSZ	40 Each	READY_TO_EAT	713340

Preparation Instructions

Pull Commodity Diced Chicken from the freezer a day or two ahead of time, so it will be thawed for the day of production.

In a large bowl or steam table pan, add Commodity Chicken and 32 ounces of Sweet Chili Sauce (1/2 bottle). Mix until chicken is evenly coated with the chilie sauce.

Set a side.

In another bowl, mix Romaine Lettuce and Dice Tomatoes.

Set a side.

Line your prep table with parchment paper.

Line 10" tortillas on top of the parchment paper.

Place 3 cucumber slices on each tortilla.

Scoop 1/2 cup of the lettuce/tomato mixture on top of the cucumbers.

Scoop 2 - 2 ounce spoodles of sweet chili chicken on top of the lettuce/tomatoes.

Roll toritlla.

You can wrap these or just line a pan.

Chill for service.

CCP: Hold for cold service at 41 degrees F or below.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.042
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	392.29		
Fat	9.02g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	840.20mg		
Carbohydrates	46.15g		
Fiber	1.11g		
Sugar	13.49g		
Protein	28.11g		
Vitamin A	90.92IU	Vitamin C	2.21mg
Calcium	52.21mg	Iron	2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Biscuits & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	50 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY 6- 10 CHEFM	12 1/2 Cup		464694

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	3.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry Fruit Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Smoothie	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8501

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6-6.5 GCHC	25 Cup		293393
Fat Free Milk	25 Cup		22

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.493
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: 1.00 Smoothie

Amount Per Serving

Calories	231.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	119.70mg
Carbohydrates	48.13g
Fiber	1.00g
Sugar	38.42g
Protein	7.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.33mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	360.00
Fat	26.50g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	46.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	92 Tablespoon	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	28 1/2 Teaspoon		209810
SALT IODIZED 25 CARG	1 Teaspoon		108286
GRAVY MIX CHIX 12-15Z GCHC	25 Tablespoon	BAKE 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
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup		150250
CORN SUPER SWT 30 GCHC	11 1/2 Cup		358991
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	552 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

Preparation Instructions

Prepare Mashed Potatoes as directed on package using Butter Buds and Salt.

Prepare Gravy as directed on package.

Prepare Corn as directed on package.

Prepare Popcorn Chicken as directed on package.

Meal Components (SLE)

Amount Per Serving

Meat	2.682
Grain	1.091
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.813

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	577.00
Fat	19.60g
SaturatedFat	5.73g
Trans Fat	0.00g
Cholesterol	36.82mg
Sodium	804.51mg
Carbohydrates	69.94g
Fiber	6.77g
Sugar	2.96g
Protein	26.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.01mg	Iron 3.12mg

*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:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.86mg		
Carbohydrates	20.38g		
Fiber	1.44g		
Sugar	0.00g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.43mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

4 Alarm Chicken Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9216
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	24 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

Prepare chicken as stated on box.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each		517830

Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or 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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese on a Whole Grain English Muffin

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	50 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. 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.	687131
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	50 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain English muffin as stated on package.

Once the egg patty and the muffin are prepared, split the english muffin in half. Place 1 egg patty on the bottom half of muffin. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the muffin on top of the cheese.

Cover and place in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 50.00

Serving Size: 1.00 Breakfast Sandwich

Amount Per Serving

Calories	235.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	605.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 189.50mg	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

Homemade Turkey & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
WHOLE WHEAT FLOUR STONE GROUND 50	2 Cup		330094
STARCH CORN 24-1 ARGO	1/2 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

—
In a bowl, whisk together the corn starch and the flour. Set aside.

—
Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

—
While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

–
Fold in the heated turkey.

–
Serve over mashed potatoes or a whole grain biscuit.

–
CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving

Calories	141.63
Fat	6.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.44mg
Carbohydrates	4.24g
Fiber	0.51g
Sugar	0.16g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12337

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
DRESSING CAESAR PKT 60-1.5Z CARDINI	1 Each		776858
CHEESE PARM SHRD FCY 2-5 STLL	1 Teaspoon		871380
24 oz White Wheat Bread, Split Top 5/8" Slice	1 Slice	READY_TO_EAT	11162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	439.17		
Fat	31.67g		
SaturatedFat	5.92g		
Trans Fat	0.00g		
Cholesterol	92.08mg		
Sodium	956.67mg		
Carbohydrates	21.17g		
Fiber	3.08g		
Sugar	6.00g		
Protein	19.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.83mg	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

Grilled Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
DRESSING CAESAR 4-1GAL LTHSE	2 Tablespoon	<p>READY_TO_EAT Use as a dressing or dip</p>	132141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
CHEESE PARM SHRD FCY 2-5 STLL	1 Tablespoon		871380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	447.55
Fat	25.00g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	61.25mg
Sodium	990.00mg
Carbohydrates	33.51g
Fiber	3.26g
Sugar	5.01g
Protein	21.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.59mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zingy Turkey Pepper Jack Sub

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	48 Ounce	3.18 ounces by weight = 1 serving and is equal to 2M/MA	100121
CHEESE PEPR JK GHOST SLCD 1Z 6-1.5	15 Slice		553332
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	15 Each	READY_TO_EAT	276142

Preparation Instructions

Slice turkey breasts (can be sliced in advance)

–

Place sub bun packages into your holding cabinets

–

Grab a shallow steam-table pan

Place 3.18oz sliced turkey clusters in the steam-table pan (5 x 3) (You might be able to get more than 15)

Steam turkey clusters

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

–

Place a slice of pepper-jack cheese on top of turkey clusters.

Put back into the steam until cheese is melted

–

These subs will be assembled on the line

–

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

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 15.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	382.00
Fat	15.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	81.00mg
Sodium	928.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	3.00g
Protein	32.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 250.00mg	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

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Brickie Rib

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
SAUCE BBQ 4- 1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving

Calories	355.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	775.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	16.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smooth Tomato Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	56 1/2 Cup	9 cans	101427
Tap Water for Recipes	56 1/2 Cup	UNPREPARED	000001WTR

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	101.25
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	540.00mg
Carbohydrates	22.50g
Fiber	1.13g
Sugar	13.50g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.50mg	Iron 0.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Quesadilla

Amount Per Serving

Calories	560.00		
Fat	28.00g		
SaturatedFat	18.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	674.00mg		
Carbohydrates	62.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	488.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19664
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
PICKLE DILL SAND STRIP 5GAL GIEL	1 Ounce		760854
MUSTARD DIJON PKT 200-.25Z GRYP	1 Each		509957

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.601
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	550.08
Fat	26.30g
SaturatedFat	8.94g
Trans Fat	0.00g
Cholesterol	167.65mg
Sodium	2451.18mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.00g
Protein	49.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.00mg	Iron 3.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Gyro

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
BEEF STK PHL SEAS CKD 2.86Z 6- 5 JTM	3 Ounce		720861

Preparation Instructions

Heat meat according to directions. Place 2.86 oz serving on each pita.

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 set

Amount Per Serving

Calories	323.20
Fat	13.40g
SaturatedFat	4.30g
Trans Fat	0.58g
Cholesterol	40.00mg
Sodium	712.00mg
Carbohydrates	31.00g
Fiber	2.70g
Sugar	4.00g
Protein	18.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.31mg	Iron 3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Memphis BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	3 1/2 Ounce		110730
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon		212071
ENTREE MAC & CHS WGRAIN 6-5 LOL	4 Ounce	BAKE	527582
CORNBREAD JALAP PRE-CUT 4-30CT CP	2 1/2 Ounce		218740

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 Each

Amount Per Serving

Calories	667.19		
Fat	31.53g		
SaturatedFat	8.49g		
Trans Fat	0.00g		
Cholesterol	146.40mg		
Sodium	951.26mg		
Carbohydrates	66.30g		
Fiber	0.46g		
Sugar	32.82g		
Protein	27.24g		
Vitamin A	172.81IU	Vitamin C	0.00mg
Calcium	128.38mg	Iron	2.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
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 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

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	115.30
Fat	1.63g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.80mg
Carbohydrates	23.50g
Fiber	1.95g
Sugar	7.50g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.80mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza

Servings:	112.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28593
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	112 slice (5.13 oz)		444115
SAUCE HOT REDHOT 12-23FLZ FRNKS	34 1/2 Ounce		557609
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Teaspoon		514047
DRESSING RNCH 4-1 GAL KE	1/2 Cup		631430
Chicken, diced, cooked, frozen	10 Pound		100101

Preparation Instructions

Day 1

Pull the diced chicken out of the freezer 2 days before you are serving Buffalo Chicken Pizza. Remove from wrapping and place the frozen, diced chicken in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

Day 2

Melt butter.

Add Hot Sauce and Garlic to Butter.

Put thawed and drained chicken into a 4" full size pan and pour all of the marinade on chicken.

Toss well, cover and store in cooler overnight.

Day 3 (serving day)

Preheat oven to 350°F

Spread 8 oz of the Buffalo Chicken on Pizza

Add a "swirl" of Ranch Dressing

Bake for 10 mins rotate pan and bake an additional 10 mins.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 112.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	428.21
Fat	19.27g
SaturatedFat	9.04g
Trans Fat	0.00g
Cholesterol	74.55mg
Sodium	844.88mg
Carbohydrates	35.02g
Fiber	4.00g
Sugar	6.02g
Protein	26.57g
Vitamin A 349.31IU	Vitamin C 0.00mg
Calcium 380.43mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baja Fish Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28626
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLAW HEART-Y 4-2 RSS	1 Ounce		680752
DRESSING ASIAN SESM GINGR 4-1GAL GFS	1 Tablespoon		166722
TORTILLA FLOUR 10 12- 12CT GRSZ	1 Each	READY_TO_EAT	713340
POLLOCK BRD STIX NACH MSC 1Z 20	4 Piece	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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	481.25		
Fat	20.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	867.50mg		
Carbohydrates	58.25g		
Fiber	2.50g		
Sugar	4.00g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.25mg	Iron	3.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Avocado Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
LETTUCE ROMAINE HRYS 7-6CT MRKN	1/2 Cup		211782
TOMATO ROMA DCD 3/8 2-5 RSS	1/2 Cup		786543
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each		713370
Avocado Spread	1 Serving	Mix all the ingredients together.	R-28653

Preparation Instructions

- Lay out sheets of parchments.
- Lay tortillas on the parchment.
- Smear with Avocado Spread.
- Add lettuce, turkey, ham, diced tomatoes, and cheese.
- Roll and fold tortilla.
- Cut in half on a diagonal.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Wrap

Amount Per Serving

Calories	552.29
Fat	25.34g
SaturatedFat	9.89g
Trans Fat	0.00g
Cholesterol	78.10mg
Sodium	1294.92mg
Carbohydrates	55.99g
Fiber	3.51g
Sugar	6.10g
Protein	26.79g
Vitamin A 6.72IU	Vitamin C 0.46mg
Calcium 207.40mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Firehouse Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28683
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE PEPR JK SLCD 6-1.5	1 Slice		777587
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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	415.00
Fat	21.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	710.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	4.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Breakfast Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 3.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	283.33
Fat	8.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	230.00mg
Carbohydrates	47.67g
Fiber	3.00g
Sugar	21.67g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 1.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Maple Waffle Sandwich with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WGR Waffle flatbread with maple flavor	2 Each	HEAT_AND_SERVE	399743
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Cup		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each		112630

Preparation Instructions

No Preparation Instructions available.

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	555.00
Fat	37.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	975.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	9.50g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 119.50mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28890
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Pulled Pork Sandwich

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29651
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pork, Pulled, Cooked, Frozen	640 Ounce	HEAT_AND_SERVE	110730-1
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	160 Each		517810

Preparation Instructions

4 ounces of meat on a hamburger bun.

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: 160.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	324.00
Fat	11.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	584.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	28.00g

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

Calcium 30.00mg **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

Breakfast Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29768
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Each	BAKE	503640
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	210.00
Fat	7.67g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	340.00mg
Carbohydrates	24.67g
Fiber	2.67g
Sugar	5.00g
Protein	9.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub w/Homemade Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
Homemade Meatballs	4 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE MARINARA A/P 6-10 REDPK	1 Cup	READY_TO_EAT None	592714

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated in the Homemade Meatball recipe.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.724
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 Sandwich

Amount Per Serving

Calories	445.95
Fat	16.83g
SaturatedFat	4.41g
Trans Fat	1.59g
Cholesterol	76.11mg
Sodium	1247.13mg
Carbohydrates	49.60g
Fiber	6.19g
Sugar	14.80g
Protein	23.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.07mg	Iron 4.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Field Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31268
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING POPPYSEED 4-1GAL PMLL	2 Tablespoon		850942
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
STRAWBERRY 8 MRKN	1 Ounce		212768
CHEESE FETA CRMBL 4-2.5 P/L	1 Ounce		716685
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SPRING MIX SWT 1-3 RSS	2 Cup		701570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.100
GreenVeg	2.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	381.07
Fat	16.59g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	89.00mg
Sodium	1041.29mg
Carbohydrates	34.72g
Fiber	11.24g
Sugar	20.17g
Protein	30.87g
Vitamin A 153.40IU	Vitamin C 16.67mg
Calcium 295.20mg	Iron 5.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 enchilada	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31284
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Fajita Strips, Cooked, Frozen	5 Pound		100117
SAUCE ENCHILADA MILD 4-1GAL GRSZ	32 Ounce		598461
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	32 Ounce		722110
TOMATO DCD PETITE 6-10 GCHC	36 Ounce		498871
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	20 Ounce	UNPREPARED	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	44 Each		882700

Preparation Instructions

1. Preheat Oven to 400°F or Convection Oven and 350°F for a Deck Oven.

Place frozen chicken fajita strips in a single layer on sheet pans. Cook for about 20 mins. Heat to an internal temperature of 165°F for 15 seconds.

2. Portion 34 oz (4.25 cups) of enchilada sauce with diced tomatoes in each hotel pan to coat bottom.

3. Portion 1.7 oz of chicken in the center of 8" tortillas.

4. Roll tortillas leaving ends open and portion 22 enchiladas in each hotel pan.

5. Ladle 18oz of Queso Blanco over each pan of enchiladas evenly.

6. Sprinkle 10 oz of shredded cheddar cheese over each pan.

7. Bake at 350° oven until cheese is melted.

Recipe yields 44 servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 44.00

Serving Size: 1.00 enchilada

Amount Per Serving

Calories	371.12
Fat	14.85g
SaturatedFat	8.67g
Trans Fat	0.00g
Cholesterol	86.91mg
Sodium	896.77mg
Carbohydrates	33.65g
Fiber	4.22g
Sugar	4.42g
Protein	27.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.07mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip, Updated

Servings:	60.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	5 Pound		100101
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound		722110
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 Cup		557609
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	60 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

Prep Time: 45 Mins

Heating Instructions for Queso Blanco & Buffalo Sauce:

1. Place unopened pouches in a full-size perforated pan.
2. Heat approximately 30-45 mins and check for internal temp of 145 °F
3. Once the product has reached internal temp, place on serving line or hold hot unit until ready to use.

Chicken Heating:

1. Heat frozen diced or shredded chicken accordingly to the manufacture heating instructions

Assemble

In a mixing bowl, combine the Queso Blanco and 1 cup of Buffalo Style sauce; mix until fully blended.

In a fill size 2" deep pan, toss chicken with the buffalo queso mixture and blend thoroughly

Portion:

1. In a bowl, portion 2.9 oz by weight or #16 scoop of buffalo chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 60.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	239.07
Fat	10.23g
SaturatedFat	3.73g
Trans Fat	0.01g
Cholesterol	47.33mg
Sodium	605.36mg
Carbohydrates	19.67g
Fiber	1.07g
Sugar	0.00g
Protein	14.47g
Vitamin A 160.03IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Chili Meatballs

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE THAI SPCY SWT CHILI 6-.5GAL	60 Ounce		640183
Homemade Meatballs	1 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429

Preparation Instructions

Make and Cook Meatballs according to recipe.

Mix Meatballs and Sweet Chili Sauce and heat until product is at least 135°F

Serve 4 meatballs with sauce over 1/2 cup of brown rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.931
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	107.59
Fat	2.93g
SaturatedFat	0.98g
Trans Fat	0.40g
Cholesterol	19.03mg
Sodium	369.08mg
Carbohydrates	16.40g
Fiber	0.25g
Sugar	14.45g
Protein	3.29g
Vitamin A 84.53IU	Vitamin C 2.59mg
Calcium 10.01mg	Iron 0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hand Rolled Burritos

Servings:	25.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound		722330
RICE BRN PARBL WGRAIN 25 GCHC	2 1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
TORTILLA FLOUR 12 12- 12CT GRSZ	25 Each		713370
Cheese, Cheddar Reduced fat, Shredded	12 1/2 Ounce		100012

Preparation Instructions

Cook Rice and Meat according to the directions on the package.

Steam/Heat tortilla. Portion 1/2 cup of cooked rice on the center of the tortilla.

Portion 3.17 oz (by weight), #10 scoop or 3/8 cup of taco meat in the center of the tortilla.

Sprinkle a half ounce of shredded cheese over meat and rice.

Fold burrito. Wrap burrito in foil to hold hot.

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: 25.00

Serving Size: 1.00 BURRITO

Amount Per Serving

Calories	522.17
Fat	16.45g
SaturatedFat	7.82g
Trans Fat	0.29g
Cholesterol	44.32mg
Sodium	978.50mg
Carbohydrates	70.95g
Fiber	4.42g
Sugar	5.02g
Protein	25.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.47mg	Iron 5.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	193.10		
Fat	6.80g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	34.00mg		
Sodium	455.70mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl w/Sausage Gravy

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31536

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK 4-5 JTM	5 Pound		751322
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	45 Ounce		481492
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	90 Ounce		504122
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	24 Ounce	UNPREPARED	100012
DOUGH BISC STHRN STYL 216-2.25Z RICH	45 Each		133493

Preparation Instructions

Heat the individual items according to the directions on the package.

Place 2.91 ounces of Crispy Cubes in a bowl, top with 2 ounces of sausage gravy, 1 ounce scrambled eggs and garnish with 1 tsp of shredded cheese. Serve with a whole grain biscuit on the side.

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	0.500

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	891.98
Fat	55.87g
SaturatedFat	30.49g
Trans Fat	0.50g
Cholesterol	139.65mg
Sodium	2455.36mg
Carbohydrates	67.36g
Fiber	3.10g
Sugar	3.16g
Protein	25.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.92mg	Iron 4.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	24 Each		108197
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Cup	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 350°

Spray a 4" deep full steam table pan with pan spray.

Place 2 cups of sauce on the bottom.

Place 8 uncooked lasagna noodles, followed by 2 cups of sauce, 2 cups of beef crumbles, and 2 cups of cheese.

Repeat layers.

Place 8 noodles on top followed by 2 cups of sauce and the rest of the cheese.

Cover with foil and cook for about 60-75 mins

Let stand uncovered for 15 mins.

Cut each pan 4x6

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	233.04
Fat	7.08g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.08mg
Sodium	499.69mg
Carbohydrates	29.26g
Fiber	3.42g
Sugar	6.84g
Protein	13.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.94mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Salisbury Steak

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Meat Patty	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
BREAD CRUMB FINE UNSEAS 20 GCHC	1/2 Cup	UNPREPARED See Package Instructions	175671
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
EGG WHL LIQ 6-5 GCHC	1/2 Cup		284122
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 1/2 Tablespoon		100129
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

Preparation Instructions

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl.
3. Add in ground beef and mix gently until combined. Do not overwork.
4. Using a #8 Scoop, place on baking sheet and shape into oval. You should be able to fit about 24 on tray.
5. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.
6. Place in a 2" deep steam table pan and cover in brown gravy.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Meat Patty

Amount Per Serving

Calories	46.49		
Fat	2.83g		
SaturatedFat	0.98g		
Trans Fat	0.40g		
Cholesterol	19.03mg		
Sodium	56.78mg		
Carbohydrates	1.40g		
Fiber	0.05g		
Sugar	0.45g		
Protein	3.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Fluff

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST 12-24Z GCHC	48 Ounce		106666
PUMPKIN FCY 6-10 GCHC	4 Pound		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	2 Quart		313165
CRUMB CRACKER GRAHAM 10 KEEB	6 1/2 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.150
GreenVeg	0.000
RedVeg	0.750
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	86.79		
Fat	2.11g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	113.25mg		
Carbohydrates	14.37g		
Fiber	0.49g		
Sugar	8.78g		
Protein	1.86g		
Vitamin A	1.60IU	Vitamin C	0.32mg
Calcium	40.98mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo Flatbread Pizza

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Flatbread	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32413
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	8 Ounce		100101
SAUCE ALFREDO FZ 6-5 JTM	16 Ounce		155661
Cheese, Mozzarella, Part Skim, Shredded	8 Ounce		100021
FLATBREAD W/GRAIN 4 192-1Z RICH	12 Each		959048
PEPPERS RED RSTD 117CT 6-10 GCHC	4 Ounce		793469

Preparation Instructions

- Heat Alfredo Sauce until it is 145°
- Portion the alfredo sauce over flatbread.
- Sprinkle cheese over alfredo sauce.
- Portion chicken and roasted peppers around flatbread.
- Bake at 450° for 4-5 mins, serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Flatbread

Amount Per Serving

Calories	237.91
Fat	10.98g
SaturatedFat	5.52g
Trans Fat	0.00g
Cholesterol	44.51mg
Sodium	657.83mg
Carbohydrates	19.64g
Fiber	1.67g
Sugar	5.52g
Protein	15.37g
Vitamin A 161.12IU	Vitamin C 0.03mg
Calcium 163.59mg	Iron 0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Sub Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32414
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1 Each		133558
Turkey Breast Deli	3 Ounce		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Sandwich

Amount Per Serving

Calories	388.32		
Fat	9.85g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	56.05mg		
Sodium	979.02mg		
Carbohydrates	51.40g		
Fiber	2.00g		
Sugar	4.73g		
Protein	25.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for This is a test school for Hobart

Created by HPS Menu Planner

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Cookbook for Joan Martin Elementary School

Created by HPS Menu Planner

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Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	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

Glazed Carrots

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	6 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.95mg		
Carbohydrates	4.03g		
Fiber	1.00g		
Sugar	2.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	67.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	33 1/2 Cup	BAKE	100307
BUTTER SUB 24-4Z BTRBUDS	113 1/2 Gram		209810

Preparation Instructions

Prepare 1 pouch of Butter Buds as directed on the package.

Set aside.

Take 3 cans of commodity Green Beans and sanitize the tops of the cans.

Open each can and drain.

Once drained, place all 3 cans into a steam table pan.

Pour Butter Buds over Green Beans and gently stir.

Steam.

CCP: Heat to 140 degrees F or higher

CCP: Hold for hot service at 140 degrees 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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.93mg		
Carbohydrates	3.56g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.14
Fat	0.30g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.54mg
Carbohydrates	39.46g
Fiber	7.15g
Sugar	24.97g
Protein	1.37g
Vitamin A 145.07IU	Vitamin C 44.46mg
Calcium 29.90mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunchable

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	50 Each		765020
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each		786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	50 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	260.00
Fat	9.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	315.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	14.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 318.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	360.00
Fat	26.50g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.00mg	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

Mashed Potatoes

Servings:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.86mg		
Carbohydrates	20.38g		
Fiber	1.44g		
Sugar	0.00g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.43mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

All American Burger

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9092
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	24 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 24.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Whole Grain Cracker

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9401
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
Ham, Cubed Frozen	2 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	2 Each		329517
Ranch Spikerz Cracker	1 pouch		51210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.549
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	348.08
Fat	18.14g
SaturatedFat	11.07g
Trans Fat	0.00g
Cholesterol	81.89mg
Sodium	932.22mg
Carbohydrates	23.20g
Fiber	2.47g
Sugar	4.13g
Protein	23.10g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 303.26mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Dip

Servings:	16.87	Category:	Vegetable
Serving Size:	1.00 #8 Disher	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	28 1/2 Ounce	RECONSTITUTE 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
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250

Preparation Instructions

Prepare dried beans as stated on packaging.

Once prepared, top your pan of beans with 1 1/2 cups of shredded cheddar cheese.

Cover and place in warmer until ready to serve.

CCP: Hold hot for service at 135 degrees F for up to 2 hours.

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: 16.87

Serving Size: 1.00 #8 Disher

Amount Per Serving	
Calories	218.66
Fat	4.70g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	10.67mg
Sodium	715.89mg
Carbohydrates	31.28g
Fiber	9.97g
Sugar	0.00g
Protein	12.46g
Vitamin A 0.70IU	Vitamin C 0.99mg
Calcium 126.58mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each		517830

Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or 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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs & Whole Grain Toast

Servings:	10.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	3 1/2 Cup		584584
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	10 Each		710650

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

—
Take 6oz paper boat and scoop 1/3 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 degrees F or higher.

—
There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

—
If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
 2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
 3. Place a piece of parchment over buttered bread. (you can stack several trays)
 4. Wrap your completed trays with a tray cover and place in the freezer.
-

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 10.00

Serving Size: 1.00 set

Amount Per Serving

Calories	220.64		
Fat	13.84g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	150.14mg		
Sodium	322.00mg		
Carbohydrates	13.01g		
Fiber	2.00g		
Sugar	2.01g		
Protein	9.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.75mg	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

Homemade Turkey & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
WHOLE WHEAT FLOUR STONE GROUND 50	2 Cup		330094
STARCH CORN 24-1 ARGO	1/2 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

—
In a bowl, whisk together the corn starch and the flour. Set aside.

—
Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

—
While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

–
Fold in the heated turkey.

–
Serve over mashed potatoes or a whole grain biscuit.

–
CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving

Calories	141.63
Fat	6.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.44mg
Carbohydrates	4.24g
Fiber	0.51g
Sugar	0.16g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Canned Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267
PEAR SLCD IN JCE 6-10 GCHC	1/2 Cup		610399
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup		610348
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup		612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE UNSWT CUP 72-4.5Z GCHC	1 Each		581742
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.375
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	15.15g		
Fiber	1.09g		
Sugar	12.06g		
Protein	0.25g		
Vitamin A	125.00IU	Vitamin C	7.50mg
Calcium	16.53mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello

Servings:	36.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart	UNPREPARED	000001WTR
GELATIN MIX BERRY BLUE 12-24Z GCHC	24 Ounce	2 Quarts boiling 2 Quarts cold	554901
TOPPING WHIP I/BG 12-16Z ONTOP	72 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PACKAGE IN 2 QUARTS OF VERY HOT WATER (160-180 BEST). ADD 2 QUARTS OF COLD OR ICE WATER AND STIR AGAIN. POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

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	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.63		
Fat	2.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.58mg		
Carbohydrates	18.91g		
Fiber	0.00g		
Sugar	18.91g		
Protein	0.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.99mg	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

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 set

Amount Per Serving	
Calories	313.90
Fat	15.20g
SaturatedFat	7.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	749.70mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	9.00g
Protein	18.50g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 421.09mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Quesadilla

Amount Per Serving

Calories	560.00		
Fat	28.00g		
SaturatedFat	18.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	674.00mg		
Carbohydrates	62.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	488.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Whole Grain Muffin (ELM)

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22550
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	30 Each		765020
4 Ounce Paper Food Tray, Aspire Pattern	30		122861
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

You can serve any of the following muffins with your yogurts

557970 - blueberry

557981 - banana

558011 - apple cinnamon

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.67
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	188.33mg
Carbohydrates	40.67g
Fiber	2.00g
Sugar	23.33g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.67mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Cup		882700
PORK CRMBL CKD 35/Z 3-5 FONT	1 Cup		148644
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/2 Cup		481492
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.150
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	453.80
Fat	26.24g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	232.10mg
Sodium	1020.60mg
Carbohydrates	38.14g
Fiber	5.50g
Sugar	5.32g
Protein	20.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.02mg	Iron 4.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
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 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

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	115.30
Fat	1.63g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.80mg
Carbohydrates	23.50g
Fiber	1.95g
Sugar	7.50g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.80mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28890
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Totchos w/Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Taco Meat	1 Serving	Brown meat and drain excess fat. Add 7.5 cups of water and 2.25 cups of Taco Seasoning. Simmer 10-15 mins.	R-29425
POTATO TATER TOTS 6-5 OREI	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce	UNPREPARED	100012

Preparation Instructions

Cook Tater Tots and Taco Meat according to directions.

In a boat put cooked tater tots, taco meat and sprinkle shredded cheese on top.

Meal Components (SLE)

Amount Per Serving

Meat	7.000
Grain	0.000
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	551.58		
Fat	34.92g		
SaturatedFat	15.31g		
Trans Fat	2.65g		
Cholesterol	45.00mg		
Sodium	570.34mg		
Carbohydrates	22.80g		
Fiber	3.20g		
Sugar	1.00g		
Protein	33.57g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/Homemade Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Meatballs	3 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE SPAGHETTI FCY 6-10 REDPK	6 Ounce		852759
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	1 Cup		654590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.293
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	569.46
Fat	11.49g
SaturatedFat	2.94g
Trans Fat	1.19g
Cholesterol	57.09mg
Sodium	810.35mg
Carbohydrates	99.20g
Fiber	17.15g
Sugar	15.35g
Protein	28.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.05mg	Iron 4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	193.10		
Fat	6.80g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	34.00mg		
Sodium	455.70mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	24 Each		108197
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Cup	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 350°

Spray a 4" deep full steam table pan with pan spray.

Place 2 cups of sauce on the bottom.

Place 8 uncooked lasagna noodles, followed by 2 cups of sauce, 2 cups of beef crumbles, and 2 cups of cheese.

Repeat layers.

Place 8 noodles on top followed by 2 cups of sauce and the rest of the cheese.

Cover with foil and cook for about 60-75 mins

Let stand uncovered for 15 mins.

Cut each pan 4x6

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	233.04
Fat	7.08g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.08mg
Sodium	499.69mg
Carbohydrates	29.26g
Fiber	3.42g
Sugar	6.84g
Protein	13.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.94mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Salisbury Steak

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Meat Patty	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
BREAD CRUMB FINE UNSEAS 20 GCHC	1/2 Cup	UNPREPARED See Package Instructions	175671
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
EGG WHL LIQ 6-5 GCHC	1/2 Cup		284122
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 1/2 Tablespoon		100129
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

Preparation Instructions

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl.
3. Add in ground beef and mix gently until combined. Do not overwork.
4. Using a #8 Scoop, place on baking sheet and shape into oval. You should be able to fit about 24 on tray.
5. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.
6. Place in a 2" deep steam table pan and cover in brown gravy.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Meat Patty

Amount Per Serving

Calories	46.49		
Fat	2.83g		
SaturatedFat	0.98g		
Trans Fat	0.40g		
Cholesterol	19.03mg		
Sodium	56.78mg		
Carbohydrates	1.40g		
Fiber	0.05g		
Sugar	0.45g		
Protein	3.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mummy Dog

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32166
School:	Veterans Elementary School at Mundell		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	25 Each	BAKE	265039
DOUGH BISC STICK 250-1.25Z RICH	25 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

- 1.) Dethaw hot dogs completely.
- 2.) Remove frozen breadstick dough and place on parchment lined sheet pan. Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw at room temperature for 20-30 mins/
- 3.) Stretch each dough piece to 18" long (the length of a half sheet pan or width of a full-size sheet pan.)
- 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
- 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
- 6.) Place pans on a rack in a proofer set at 100° and 85% humidity or cover the pans with plastic wrap and place rack in a warm area of the kitchen to allow dough to rise.
- 7.) When dough covers most of the hot dog remove plastic wrap and spray doughs with warm water.
- 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°. Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.50		
Fat	22.25g		
SaturatedFat	9.75g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	962.50mg		
Carbohydrates	17.25g		
Fiber	0.00g		
Sugar	1.25g		
Protein	8.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.89mg	Iron	1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Fluff

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST 12-24Z GCHC	48 Ounce		106666
PUMPKIN FCY 6-10 GCHC	4 Pound		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	2 Quart		313165
CRUMB CRACKER GRAHAM 10 KEEB	6 1/2 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.150
GreenVeg	0.000
RedVeg	0.750
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	86.79		
Fat	2.11g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	113.25mg		
Carbohydrates	14.37g		
Fiber	0.49g		
Sugar	8.78g		
Protein	1.86g		
Vitamin A	1.60IU	Vitamin C	0.32mg
Calcium	40.98mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Liberty Elementary School

Created by HPS Menu Planner

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Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	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

Glazed Carrots

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	6 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.95mg		
Carbohydrates	4.03g		
Fiber	1.00g		
Sugar	2.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	67.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	33 1/2 Cup	BAKE	100307
BUTTER SUB 24-4Z BTRBUDS	113 1/2 Gram		209810

Preparation Instructions

Prepare 1 pouch of Butter Buds as directed on the package.

Set aside.

Take 3 cans of commodity Green Beans and sanitize the tops of the cans.

Open each can and drain.

Once drained, place all 3 cans into a steam table pan.

Pour Butter Buds over Green Beans and gently stir.

Steam.

CCP: Heat to 140 degrees F or higher

CCP: Hold for hot service at 140 degrees 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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.93mg		
Carbohydrates	3.56g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.14
Fat	0.30g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.54mg
Carbohydrates	39.46g
Fiber	7.15g
Sugar	24.97g
Protein	1.37g
Vitamin A 145.07IU	Vitamin C 44.46mg
Calcium 29.90mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunchable

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	50 Each		765020
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each		786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	50 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	260.00
Fat	9.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	315.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	14.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 318.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	360.00
Fat	26.50g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.00mg	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

Mashed Potatoes

Servings:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.86mg		
Carbohydrates	20.38g		
Fiber	1.44g		
Sugar	0.00g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.43mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

All American Burger

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9092
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	24 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 24.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Whole Grain Cracker

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9401
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
Ham, Cubed Frozen	2 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	2 Each		329517
Ranch Spikerz Cracker	1 pouch		51210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.549
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	348.08
Fat	18.14g
SaturatedFat	11.07g
Trans Fat	0.00g
Cholesterol	81.89mg
Sodium	932.22mg
Carbohydrates	23.20g
Fiber	2.47g
Sugar	4.13g
Protein	23.10g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 303.26mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Dip

Servings:	16.87	Category:	Vegetable
Serving Size:	1.00 #8 Disher	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	28 1/2 Ounce	RECONSTITUTE 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
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250

Preparation Instructions

Prepare dried beans as stated on packaging.

Once prepared, top your pan of beans with 1 1/2 cups of shredded cheddar cheese.

Cover and place in warmer until ready to serve.

CCP: Hold hot for service at 135 degrees F for up to 2 hours.

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: 16.87

Serving Size: 1.00 #8 Disher

Amount Per Serving	
Calories	218.66
Fat	4.70g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	10.67mg
Sodium	715.89mg
Carbohydrates	31.28g
Fiber	9.97g
Sugar	0.00g
Protein	12.46g
Vitamin A 0.70IU	Vitamin C 0.99mg
Calcium 126.58mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each		517830

Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or 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: 80.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	635.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.89mg	Iron	1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs & Whole Grain Toast

Servings:	10.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	3 1/2 Cup		584584
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	10 Each		710650

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

—
Take 6oz paper boat and scoop 1/3 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 degrees F or higher.

—
There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

—
If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
 2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
 3. Place a piece of parchment over buttered bread. (you can stack several trays)
 4. Wrap your completed trays with a tray cover and place in the freezer.
-

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 10.00

Serving Size: 1.00 set

Amount Per Serving

Calories	220.64		
Fat	13.84g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	150.14mg		
Sodium	322.00mg		
Carbohydrates	13.01g		
Fiber	2.00g		
Sugar	2.01g		
Protein	9.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.75mg	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

Homemade Turkey & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
WHOLE WHEAT FLOUR STONE GROUND 50	2 Cup		330094
STARCH CORN 24-1 ARGO	1/2 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

—
In a bowl, whisk together the corn starch and the flour. Set aside.

—
Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

—
While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

–
Fold in the heated turkey.

–
Serve over mashed potatoes or a whole grain biscuit.

–
CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving

Calories	141.63
Fat	6.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.44mg
Carbohydrates	4.24g
Fiber	0.51g
Sugar	0.16g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Canned Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267
PEAR SLCD IN JCE 6-10 GCHC	1/2 Cup		610399
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup		610348
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup		612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE UNSWT CUP 72-4.5Z GCHC	1 Each		581742
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.375
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	15.15g		
Fiber	1.09g		
Sugar	12.06g		
Protein	0.25g		
Vitamin A	125.00IU	Vitamin C	7.50mg
Calcium	16.53mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello

Servings:	36.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart	UNPREPARED	000001WTR
GELATIN MIX BERRY BLUE 12-24Z GCHC	24 Ounce	2 Quarts boiling 2 Quarts cold	554901
TOPPING WHIP I/BG 12-16Z ONTOP	72 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PACKAGE IN 2 QUARTS OF VERY HOT WATER (160-180 BEST). ADD 2 QUARTS OF COLD OR ICE WATER AND STIR AGAIN. POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

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	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.63		
Fat	2.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.58mg		
Carbohydrates	18.91g		
Fiber	0.00g		
Sugar	18.91g		
Protein	0.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.99mg	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

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 set

Amount Per Serving	
Calories	313.90
Fat	15.20g
SaturatedFat	7.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	749.70mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	9.00g
Protein	18.50g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 421.09mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Quesadilla

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	674.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 488.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Whole Grain Muffin (ELM)

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22550
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	30 Each		765020
4 Ounce Paper Food Tray, Aspire Pattern	30		122861
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

You can serve any of the following muffins with your yogurts

557970 - blueberry

557981 - banana

558011 - apple cinnamon

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.67
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	188.33mg
Carbohydrates	40.67g
Fiber	2.00g
Sugar	23.33g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.67mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Cup		882700
PORK CRMBL CKD 35/Z 3-5 FONT	1 Cup		148644
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/2 Cup		481492
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.150
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	453.80
Fat	26.24g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	232.10mg
Sodium	1020.60mg
Carbohydrates	38.14g
Fiber	5.50g
Sugar	5.32g
Protein	20.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.02mg	Iron 4.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
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 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

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	115.30
Fat	1.63g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.80mg
Carbohydrates	23.50g
Fiber	1.95g
Sugar	7.50g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.80mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28890
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Totchos w/Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Taco Meat	1 Serving	Brown meat and drain excess fat. Add 7.5 cups of water and 2.25 cups of Taco Seasoning. Simmer 10-15 mins.	R-29425
POTATO TATER TOTS 6-5 OREI	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce	UNPREPARED	100012

Preparation Instructions

Cook Tater Tots and Taco Meat according to directions.

In a boat put cooked tater tots, taco meat and sprinkle shredded cheese on top.

Meal Components (SLE)

Amount Per Serving

Meat	7.000
Grain	0.000
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	551.58		
Fat	34.92g		
SaturatedFat	15.31g		
Trans Fat	2.65g		
Cholesterol	45.00mg		
Sodium	570.34mg		
Carbohydrates	22.80g		
Fiber	3.20g		
Sugar	1.00g		
Protein	33.57g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/Homemade Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Meatballs	3 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE SPAGHETTI FCY 6-10 REDPK	6 Ounce		852759
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	1 Cup		654590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.293
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	569.46
Fat	11.49g
SaturatedFat	2.94g
Trans Fat	1.19g
Cholesterol	57.09mg
Sodium	810.35mg
Carbohydrates	99.20g
Fiber	17.15g
Sugar	15.35g
Protein	28.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.05mg	Iron 4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories	193.10		
Fat	6.80g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	34.00mg		
Sodium	455.70mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	100.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
FLOUR H&R A/P 2-25 GCHC	2 1/2 Cup		227528
TOMATO CRSHD A/P 6-10 REDPK	2 Cup	READY_TO_EAT None	248096
SPICE ONION POWDER 19Z TRDE	1 1/2 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045
BASE CHIX 12-1 GCHC	1 1/2 Gallon		439606
MUSTARD DIJON XTRA STRONG 2-11 ROLN	1/2 Cup	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
OATS QUICK HOT CEREAL 50 P/L	3 Quart		284386
EGG WHITES LIQ CHOLEST FR 6-5 GCHC	2 Cup		677922
BASE BEEF 12-1 GCHC	2 Cup		439584
MILK PWD INST FF 50 P/L	1 Cup		113336
ONION DEHY CHPD 15 P/L	1 1/2 Quart		263036
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989

Preparation Instructions

Directions:

Gravy: Melt margarine in a large stock pot.

Add flour. Cook uncovered over medium heat for 8-10 minutes. Stir frequently until golden brown. Recommended to cook in batches of 25.

Add tomatoes, onion powder, 1/2 tsp pepper, and 1/2 tsp salt. Cook for 2 minutes.

Slowly add chicken stock, and bring to a boil. Reduce heat to medium.

Add dijon mustard, stirring constantly until thickened. Set aside for step 13.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Pour remaining salt, remaining pepper, ground turkey, ground beef, oats, egg whites, beef broth, dry milk, onions, and parsley into a commercial mixer (batch as needed). using a paddle attachment, mix on low speed for 4 minutes. DO NOT OVERMIX.

Using a No. 10 scoop, portion 1/4 cup 3 Tbsp (about 4 oz) meat patties onto a sheet pan (18" x 26" x 1"). Flatten 25 meat patties into oval patties in each pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 25-30 minutes. Convection oven: 300 °F for 15-25 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer steaks to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 1 qt (about 1 lb 11 oz) gravy over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Serve one steak.

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate and .25 oz equivalent grains.

5: CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate and .25 serving grains/bread.

6: Skip to nutrition information

7: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

8: Cooking Process #2: Same Day Service

9: Serving

10: NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate and .25 oz equivalent grains.

11: CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate and .25 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	0.776
Grain	0.357
Fruit	0.000
GreenVeg	0.000
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PATTY

Amount Per Serving

Calories	275.39
Fat	12.20g
SaturatedFat	2.78g
Trans Fat	0.78g
Cholesterol	25.16mg
Sodium	7507.52mg
Carbohydrates	20.21g
Fiber	1.28g
Sugar	9.27g
Protein	17.11g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 31.32mg	Iron 0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	24 Each		108197
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Cup	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 350°

Spray a 4" deep full steam table pan with pan spray.

Place 2 cups of sauce on the bottom.

Place 8 uncooked lasagna noodles, followed by 2 cups of sauce, 2 cups of beef crumbles, and 2 cups of cheese.

Repeat layers.

Place 8 noodles on top followed by 2 cups of sauce and the rest of the cheese.

Cover with foil and cook for about 60-75 mins

Let stand uncovered for 15 mins.

Cut each pan 4x6

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	233.04
Fat	7.08g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.08mg
Sodium	499.69mg
Carbohydrates	29.26g
Fiber	3.42g
Sugar	6.84g
Protein	13.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.94mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Salisbury Steak

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Meat Patty	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
BREAD CRUMB FINE UNSEAS 20 GCHC	1/2 Cup	UNPREPARED See Package Instructions	175671
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
EGG WHL LIQ 6-5 GCHC	1/2 Cup		284122
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 1/2 Tablespoon		100129
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

Preparation Instructions

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl.
3. Add in ground beef and mix gently until combined. Do not overwork.
4. Using a #8 Scoop, place on baking sheet and shape into oval. You should be able to fit about 24 on tray.
5. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.
6. Place in a 2" deep steam table pan and cover in brown gravy.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Meat Patty

Amount Per Serving

Calories	46.49		
Fat	2.83g		
SaturatedFat	0.98g		
Trans Fat	0.40g		
Cholesterol	19.03mg		
Sodium	56.78mg		
Carbohydrates	1.40g		
Fiber	0.05g		
Sugar	0.45g		
Protein	3.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mummy Dog

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32166
School:	Veterans Elementary School at Mundell		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	25 Each	BAKE	265039
DOUGH BISC STICK 250-1.25Z RICH	25 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

- 1.) Dethaw hot dogs completely.
- 2.) Remove frozen breadstick dough and place on parchment lined sheet pan. Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw at room temperature for 20-30 mins/
- 3.) Stretch each dough piece to 18" long (the length of a half sheet pan or width of a full-size sheet pan.)
- 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
- 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
- 6.) Place pans on a rack in a proofer set at 100° and 85% humidity or cover the pans with plastic wrap and place rack in a warm area of the kitchen to allow dough to rise.
- 7.) When dough covers most of the hot dog remove plastic wrap and spray doughs with warm water.
- 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°. Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.50		
Fat	22.25g		
SaturatedFat	9.75g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	962.50mg		
Carbohydrates	17.25g		
Fiber	0.00g		
Sugar	1.25g		
Protein	8.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.89mg	Iron	1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Fluff

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST 12-24Z GCHC	48 Ounce		106666
PUMPKIN FCY 6-10 GCHC	4 Pound		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	2 Quart		313165
CRUMB CRACKER GRAHAM 10 KEEB	6 1/2 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.150
GreenVeg	0.000
RedVeg	0.750
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	86.79		
Fat	2.11g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	113.25mg		
Carbohydrates	14.37g		
Fiber	0.49g		
Sugar	8.78g		
Protein	1.86g		
Vitamin A	1.60IU	Vitamin C	0.32mg
Calcium	40.98mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookbook for School City of Hobart Dept of Food Serv

Created by HPS Menu Planner

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Cookbook for Summer Feeding

Created by HPS Menu Planner

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Cookbook for Veterans Elementary School at Mundell

Created by HPS Menu Planner

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Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	72 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	24 Each		710650

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	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

Glazed Carrots

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	6 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.95mg		
Carbohydrates	4.03g		
Fiber	1.00g		
Sugar	2.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	67.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	33 1/2 Cup	BAKE	100307
BUTTER SUB 24-4Z BTRBUDS	113 1/2 Gram		209810

Preparation Instructions

Prepare 1 pouch of Butter Buds as directed on the package.

Set aside.

Take 3 cans of commodity Green Beans and sanitize the tops of the cans.

Open each can and drain.

Once drained, place all 3 cans into a steam table pan.

Pour Butter Buds over Green Beans and gently stir.

Steam.

CCP: Heat to 140 degrees F or higher

CCP: Hold for hot service at 140 degrees 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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.93mg		
Carbohydrates	3.56g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
APPLE DELICIOUS RED 1-138CT MRKN	1/2 Each		256662
APPLE GALA 138CT MRKN	1/2 Each		569392
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089

Preparation Instructions

No Preparation Instructions available.

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: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.14
Fat	0.30g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.54mg
Carbohydrates	39.46g
Fiber	7.15g
Sugar	24.97g
Protein	1.37g
Vitamin A 145.07IU	Vitamin C 44.46mg
Calcium 29.90mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.27mg		
Carbohydrates	14.88g		
Fiber	1.02g		
Sugar	11.21g		
Protein	0.36g		
Vitamin A	83.80IU	Vitamin C	1.04mg
Calcium	8.58mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunchable

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	50 Each		765020
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each		786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	50 Package	READY_TO_EAT Ready to serve and eat	266020

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	260.00
Fat	9.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	315.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	14.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 318.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	360.00
Fat	26.50g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.00mg	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

Mashed Potatoes

Servings:	92.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

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: 92.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.62		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.86mg		
Carbohydrates	20.38g		
Fiber	1.44g		
Sugar	0.00g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.43mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

All American Burger

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9092
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	24 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	24 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 24.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad with Whole Grain Cracker

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9401
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
Ham, Cubed Frozen	2 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	2 Each		329517
Ranch Spikerz Cracker	1 pouch		51210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.549
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	348.08
Fat	18.14g
SaturatedFat	11.07g
Trans Fat	0.00g
Cholesterol	81.89mg
Sodium	932.22mg
Carbohydrates	23.20g
Fiber	2.47g
Sugar	4.13g
Protein	23.10g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 303.26mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Dip

Servings:	16.87	Category:	Vegetable
Serving Size:	1.00 #8 Disher	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	28 1/2 Ounce	RECONSTITUTE 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
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250

Preparation Instructions

Prepare dried beans as stated on packaging.

Once prepared, top your pan of beans with 1 1/2 cups of shredded cheddar cheese.

Cover and place in warmer until ready to serve.

CCP: Hold hot for service at 135 degrees F for up to 2 hours.

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: 16.87

Serving Size: 1.00 #8 Disher

Amount Per Serving	
Calories	218.66
Fat	4.70g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	10.67mg
Sodium	715.89mg
Carbohydrates	31.28g
Fiber	9.97g
Sugar	0.00g
Protein	12.46g
Vitamin A 0.70IU	Vitamin C 0.99mg
Calcium 126.58mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each		517830

Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or 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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.89mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs & Whole Grain Toast

Servings:	10.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	3 1/2 Cup		584584
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Teaspoon		299405
BREAD WHL WHE PULLMAN SLCD 12-22Z	10 Each		710650

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

—
Take 6oz paper boat and scoop 1/3 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 dregrees F or higher.

—
There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

—
If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
 2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
 3. Place a piece of parchment over buttered bread. (you can stack several trays)
 4. Wrap your completed trays with a tray cover and place in the freezer.
-

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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: 10.00

Serving Size: 1.00 set

Amount Per Serving

Calories	220.64		
Fat	13.84g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	150.14mg		
Sodium	322.00mg		
Carbohydrates	13.01g		
Fiber	2.00g		
Sugar	2.01g		
Protein	9.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.75mg	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

Homemade Turkey & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
WHOLE WHEAT FLOUR STONE GROUND 50	2 Cup		330094
STARCH CORN 24-1 ARGO	1/2 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

—
In a bowl, whisk together the corn starch and the flour. Set aside.

—
Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

—
While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

–
Fold in the heated turkey.

–
Serve over mashed potatoes or a whole grain biscuit.

–
CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving

Calories	141.63
Fat	6.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.44mg
Carbohydrates	4.24g
Fiber	0.51g
Sugar	0.16g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Canned Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1/2 Cup		610267
PEAR SLCD IN JCE 6-10 GCHC	1/2 Cup		610399
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup		610348
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup		612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE UNSWT CUP 72-4.5Z GCHC	1 Each		581742
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.375
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	15.15g		
Fiber	1.09g		
Sugar	12.06g		
Protein	0.25g		
Vitamin A	125.00IU	Vitamin C	7.50mg
Calcium	16.53mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello

Servings:	36.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Quart	UNPREPARED	000001WTR
GELATIN MIX BERRY BLUE 12-24Z GCHC	24 Ounce	2 Quarts boiling 2 Quarts cold	554901
TOPPING WHIP I/BG 12-16Z ONTOP	72 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PACKAGE IN 2 QUARTS OF VERY HOT WATER (160-180 BEST). ADD 2 QUARTS OF COLD OR ICE WATER AND STIR AGAIN. POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

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	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.63		
Fat	2.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.58mg		
Carbohydrates	18.91g		
Fiber	0.00g		
Sugar	18.91g		
Protein	0.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.99mg	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

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 set

Amount Per Serving	
Calories	313.90
Fat	15.20g
SaturatedFat	7.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	749.70mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	9.00g
Protein	18.50g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 421.09mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Quesadilla

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	674.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 488.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Whole Grain Muffin (ELM)

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22550
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	30 Each		765020
4 Ounce Paper Food Tray, Aspire Pattern	30		122861
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

You can serve any of the following muffins with your yogurts

557970 - blueberry

557981 - banana

558011 - apple cinnamon

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.67
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	188.33mg
Carbohydrates	40.67g
Fiber	2.00g
Sugar	23.33g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.67mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23571
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with a cereal packet on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
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 Serving

Amount Per Serving

Calories	266.94
Fat	1.75g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.20mg
Carbohydrates	59.13g
Fiber	4.00g
Sugar	33.42g
Protein	5.73g
Vitamin A 150.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.18mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Cup		882700
PORK CRMBL CKD 35/Z 3-5 FONT	1 Cup		148644
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/2 Cup		481492
CHEESE AMER 160CT SLCD 6-5 COMM	1 Cup		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.150
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	453.80
Fat	26.24g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	232.10mg
Sodium	1020.60mg
Carbohydrates	38.14g
Fiber	5.50g
Sugar	5.32g
Protein	20.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.02mg	Iron 4.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
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 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

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	115.30
Fat	1.63g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.80mg
Carbohydrates	23.50g
Fiber	1.95g
Sugar	7.50g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.80mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28521
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	295.00
Fat	13.50g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	41.50g
Fiber	2.50g
Sugar	19.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28890
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1100.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29325
School:	Hobart Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Ounce		276171

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.40g		
Fiber	1.00g		
Sugar	15.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Totchos w/Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Taco Meat	1 Serving	Brown meat and drain excess fat. Add 7.5 cups of water and 2.25 cups of Taco Seasoning. Simmer 10-15 mins.	R-29425
POTATO TATER TOTS 6-5 OREI	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce	UNPREPARED	100012

Preparation Instructions

Cook Tater Tots and Taco Meat according to directions.

In a boat put cooked tater tots, taco meat and sprinkle shredded cheese on top.

Meal Components (SLE)

Amount Per Serving

Meat	7.000
Grain	0.000
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	551.58		
Fat	34.92g		
SaturatedFat	15.31g		
Trans Fat	2.65g		
Cholesterol	45.00mg		
Sodium	570.34mg		
Carbohydrates	22.80g		
Fiber	3.20g		
Sugar	1.00g		
Protein	33.57g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/Homemade Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Meatballs	3 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE SPAGHETTI FCY 6-10 REDPK	6 Ounce		852759
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	1 Cup		654590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.293
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	569.46
Fat	11.49g
SaturatedFat	2.94g
Trans Fat	1.19g
Cholesterol	57.09mg
Sodium	810.35mg
Carbohydrates	99.20g
Fiber	17.15g
Sugar	15.35g
Protein	28.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.05mg	Iron 4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Cup Variety

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30834
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	10.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce		722330

Preparation Instructions

Prepare taco meat according to instructions. Place the 3.17 oz serving of taco meat in taco shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 TACO

Amount Per Serving			
Calories	193.10		
Fat	6.80g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	34.00mg		
Sodium	455.70mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	100.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
FLOUR H&R A/P 2-25 GCHC	2 1/2 Cup		227528
TOMATO CRSHD A/P 6-10 REDPK	2 Cup	READY_TO_EAT None	248096
SPICE ONION POWDER 19Z TRDE	1 1/2 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045
BASE CHIX 12-1 GCHC	1 1/2 Gallon		439606
MUSTARD DIJON XTRA STRONG 2-11 ROLN	1/2 Cup	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
OATS QUICK HOT CEREAL 50 P/L	3 Quart		284386
EGG WHITES LIQ CHOLEST FR 6-5 GCHC	2 Cup		677922
BASE BEEF 12-1 GCHC	2 Cup		439584
MILK PWD INST FF 50 P/L	1 Cup		113336
ONION DEHY CHPD 15 P/L	1 1/2 Quart		263036
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989

Preparation Instructions

Directions:

Gravy: Melt margarine in a large stock pot.

Add flour. Cook uncovered over medium heat for 8-10 minutes. Stir frequently until golden brown. Recommended to cook in batches of 25.

Add tomatoes, onion powder, 1/2 tsp pepper, and 1/2 tsp salt. Cook for 2 minutes.

Slowly add chicken stock, and bring to a boil. Reduce heat to medium.

Add dijon mustard, stirring constantly until thickened. Set aside for step 13.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Pour remaining salt, remaining pepper, ground turkey, ground beef, oats, egg whites, beef broth, dry milk, onions, and parsley into a commercial mixer (batch as needed). using a paddle attachment, mix on low speed for 4 minutes. DO NOT OVERMIX.

Using a No. 10 scoop, portion 1/4 cup 3 Tbsp (about 4 oz) meat patties onto a sheet pan (18" x 26" x 1"). Flatten 25 meat patties into oval patties in each pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 25-30 minutes. Convection oven: 300 °F for 15-25 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer steaks to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 1 qt (about 1 lb 11 oz) gravy over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Serve one steak.

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate and .25 oz equivalent grains.

5: CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate and .25 serving grains/bread.

6: Skip to nutrition information

7: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

8: Cooking Process #2: Same Day Service

9: Serving

10: NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate and .25 oz equivalent grains.

11: CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate and .25 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	0.776
Grain	0.357
Fruit	0.000
GreenVeg	0.000
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PATTY

Amount Per Serving

Calories	275.39
Fat	12.20g
SaturatedFat	2.78g
Trans Fat	0.78g
Cholesterol	25.16mg
Sodium	7507.52mg
Carbohydrates	20.21g
Fiber	1.28g
Sugar	9.27g
Protein	17.11g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 31.32mg	Iron 0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	24 Each		108197
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
BEEF CRMBL CKD 6-5 SMRTPCKS	4 Cup	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170

Preparation Instructions

Preheat oven to 350°

Spray a 4" deep full steam table pan with pan spray.

Place 2 cups of sauce on the bottom.

Place 8 uncooked lasagna noodles, followed by 2 cups of sauce, 2 cups of beef crumbles, and 2 cups of cheese.

Repeat layers.

Place 8 noodles on top followed by 2 cups of sauce and the rest of the cheese.

Cover with foil and cook for about 60-75 mins

Let stand uncovered for 15 mins.

Cut each pan 4x6

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	233.04
Fat	7.08g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.08mg
Sodium	499.69mg
Carbohydrates	29.26g
Fiber	3.42g
Sugar	6.84g
Protein	13.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.94mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Salisbury Steak

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Meat Patty	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
BREAD CRUMB FINE UNSEAS 20 GCHC	1/2 Cup	UNPREPARED See Package Instructions	175671
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon		224839
EGG WHL LIQ 6-5 GCHC	1/2 Cup		284122
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 1/2 Tablespoon		100129
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Teaspoon		225037
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

Preparation Instructions

1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray.
2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl.
3. Add in ground beef and mix gently until combined. Do not overwork.
4. Using a #8 Scoop, place on baking sheet and shape into oval. You should be able to fit about 24 on tray.
5. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.
6. Place in a 2" deep steam table pan and cover in brown gravy.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Meat Patty

Amount Per Serving

Calories	46.49		
Fat	2.83g		
SaturatedFat	0.98g		
Trans Fat	0.40g		
Cholesterol	19.03mg		
Sodium	56.78mg		
Carbohydrates	1.40g		
Fiber	0.05g		
Sugar	0.45g		
Protein	3.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mummy Dog

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32166
School:	Veterans Elementary School at Mundell		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	25 Each	BAKE	265039
DOUGH BISC STICK 250-1.25Z RICH	25 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

- 1.) Dethaw hot dogs completely.
- 2.) Remove frozen breadstick dough and place on parchment lined sheet pan. Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw at room temperature for 20-30 mins/
- 3.) Stretch each dough piece to 18" long (the length of a half sheet pan or width of a full-size sheet pan.)
- 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
- 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
- 6.) Place pans on a rack in a proofer set at 100° and 85% humidity or cover the pans with plastic wrap and place rack in a warm area of the kitchen to allow dough to rise.
- 7.) When dough covers most of the hot dog remove plastic wrap and spray doughs with warm water.
- 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°. Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.50		
Fat	22.25g		
SaturatedFat	9.75g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	962.50mg		
Carbohydrates	17.25g		
Fiber	0.00g		
Sugar	1.25g		
Protein	8.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.89mg	Iron	1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Fluff

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST 12-24Z GCHC	48 Ounce		106666
PUMPKIN FCY 6-10 GCHC	4 Pound		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	2 Quart		313165
CRUMB CRACKER GRAHAM 10 KEEB	6 1/2 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.150
GreenVeg	0.000
RedVeg	0.750
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	86.79		
Fat	2.11g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	113.25mg		
Carbohydrates	14.37g		
Fiber	0.49g		
Sugar	8.78g		
Protein	1.86g		
Vitamin A	1.60IU	Vitamin C	0.32mg
Calcium	40.98mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available