

# **Cookbook for Lakeland Jr.- Sr. High**

**Created by HPS Menu Planner**

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# Ham Chef Salad- Jr/Sr

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16066
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup		153121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce		192198
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.986
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.692
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.692
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	168.09
<b>Fat</b>	8.05g
<b>SaturatedFat</b>	3.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	98.67mg
<b>Sodium</b>	492.58mg
<b>Carbohydrates</b>	11.40g
<b>Fiber</b>	3.32g
<b>Sugar</b>	6.49g
<b>Protein</b>	16.86g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 151.30mg	<b>Iron</b> 1.45mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Chef Salad- Jr/Sr

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16067
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup		153121
TURKEY, DELI BREAST, SLICED	2 Ounce		110554
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce		192198
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.964
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.692
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.692
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	227.71
<b>Fat</b>	7.56g
<b>SaturatedFat</b>	2.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	119.52mg
<b>Sodium</b>	710.85mg
<b>Carbohydrates</b>	10.91g
<b>Fiber</b>	3.32g
<b>Sugar</b>	4.85g
<b>Protein</b>	31.04g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 151.30mg	<b>Iron</b> 1.45mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Deli Sandwich- Jr/Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16068
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each		100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.525
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	275.82
<b>Fat</b>	8.60g
<b>SaturatedFat</b>	3.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.39mg
<b>Sodium</b>	805.41mg
<b>Carbohydrates</b>	34.10g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.55g
<b>Protein</b>	19.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 10.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Deli Sandwich- Jr/Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16069
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce		100187
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.025
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	235.82
<b>Fat</b>	6.10g
<b>SaturatedFat</b>	2.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.89mg
<b>Sodium</b>	665.41mg
<b>Carbohydrates</b>	33.10g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.05g
<b>Protein</b>	16.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 10.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Deli Sandwich- Jr/Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16070
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	3 1/4 Ounce		110554
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.545
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	355.45
<b>Fat</b>	6.55g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.82mg
<b>Sodium</b>	1162.73mg
<b>Carbohydrates</b>	33.55g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	42.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 10.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Deli Sandwich- Jr/Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16071
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	3 Ounce		110554
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.696
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	380.42
<b>Fat</b>	8.70g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.02mg
<b>Sodium</b>	1227.90mg
<b>Carbohydrates</b>	34.20g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	42.57g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 10.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt, Fruit, & Flatbread Platter

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16072
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	<p>READY_TO_EAT</p> <p>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</p>	644182
PAN COAT SPRAY 6-17Z KE	1 Each		112828
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon		565911
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	<p>READY_TO_EAT</p> <p>Ready to use with pouch &amp; serving tip.</p>	811500
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
Variety of Fresh Fruits	1 cup	READY_TO_EAT	

## Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, cheese stick and fruit together in container.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.493
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	599.24
<b>Fat</b>	11.85g
<b>SaturatedFat</b>	5.27g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	603.20mg
<b>Carbohydrates</b>	100.13g
<b>Fiber</b>	8.70g
<b>Sugar</b>	60.42g
<b>Protein</b>	16.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 356.64mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter & Jelly Sandwich w/Cheese Stick- Jr./Sr.

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16073
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon		100927
USDA Commodity Smooth Peanut Butter	2 Tablespoon		100396
380 - Aunt Millie's WG Honey White Bread	2 Each		380
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	510.00
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 202.00mg	<b>Iron</b> 12.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans- Jr./Sr. High

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16077
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SALSA 103Z 6-10 REDG	2 Cup	READY_TO_EAT None	452841

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.029
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.269
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	61.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	87.66mg		
<b>Carbohydrates</b>	11.13g		
<b>Fiber</b>	2.69g		
<b>Sugar</b>	0.66g		
<b>Protein</b>	3.77g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.12mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16078
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 12.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rice Pilaf

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16079
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE GARDEN BLEND 6-36Z GCHC	2 Package		834860
Tap Water for Recipes	4 Quart		000001WTR
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.25 Cup

Amount Per Serving	
<b>Calories</b>	176.73
<b>Fat</b>	3.88g
<b>SaturatedFat</b>	1.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	541.76mg
<b>Carbohydrates</b>	31.12g
<b>Fiber</b>	0.72g
<b>Sugar</b>	2.17g
<b>Protein</b>	3.62g
<b>Vitamin A</b> 240.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.35mg	<b>Iron</b> 1.45mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buffalo Chicken Pizza- Jr./Sr.

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16140
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	8 Slice		444115
Chicken, diced, cooked, frozen	2 1/2 Ounce		100101
SAUCE BUFFALO SAND 2-1GAL FRENC	3 Tablespoon		213990

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	373.13
<b>Fat</b>	16.31g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.56mg
<b>Sodium</b>	647.50mg
<b>Carbohydrates</b>	35.38g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	19.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti with Pepper Sauce

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16141
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	55 Pound		835910
SAUCE THAI SPCY SWT CHILI 6-.5GAL	60 Fluid Ounce		640183

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.913
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	264.63
<b>Fat</b>	5.77g
<b>SaturatedFat</b>	0.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	134.08mg
<b>Carbohydrates</b>	45.04g
<b>Fiber</b>	1.97g
<b>Sugar</b>	5.57g
<b>Protein</b>	7.68g
<b>Vitamin A</b> 22.05IU	<b>Vitamin C</b> 0.68mg
<b>Calcium</b> 10.35mg	<b>Iron</b> 2.03mg

\*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

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16142
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	3 Pound		100101
CHEESE CREAM LOAF 10-3 GCHC	3 Pound		163562
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	3 Cup		282944
DRESSING RNCH LT 4-1GAL LTHSE	3 Cup		861850
Cheese, Mozzarella, Part Skim, Shredded	6 Cup		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	6 Cup	UNPREPARED	100012

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.182
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	295.64		
<b>Fat</b>	21.27g		
<b>SaturatedFat</b>	12.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.45mg		
<b>Sodium</b>	925.19mg		
<b>Carbohydrates</b>	6.55g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	15.82g		
<b>Vitamin A</b>	981.92IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.73mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16182
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.00mg	<b>Iron</b>	11.90mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken & Noodles- Jr./Sr.

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16183
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	11 Pound		100117
PASTA NOODL KLUSKI 1/8 2-5 GCHC	7 1/2 Pound		270385
BASE CHIX 12-1 GCHC	1/2 Pound		439606
Black Pepper	1/8 Cup		24108

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.071
<b>Grain</b>	2.400
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	401.63
<b>Fat</b>	7.52g
<b>SaturatedFat</b>	2.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	130.61mg
<b>Sodium</b>	1250.71mg
<b>Carbohydrates</b>	50.83g
<b>Fiber</b>	2.40g
<b>Sugar</b>	5.23g
<b>Protein</b>	28.99g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.75mg	<b>Iron</b> 2.28mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sweet Carrots- Jr./Sr. High

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16319
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN		100309
SUGAR BROWN MED 25 GCHC	1 1/2 Cup	UNSPECIFIED	108626
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	202.24
<b>Fat</b>	2.44g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1307.91mg
<b>Carbohydrates</b>	40.67g
<b>Fiber</b>	9.17g
<b>Sugar</b>	22.34g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 166.67IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pork Fritter Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16320
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	430.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 11.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Boom Boom Chicken

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16322
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Ounce		536620
SAUCE BOOM BOOM 4-1GAL KENS	1 Gallon		877930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving			
<b>Calories</b>		136.89	
<b>Fat</b>		13.64g	
<b>SaturatedFat</b>		2.19g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		16.57mg	
<b>Sodium</b>		235.78mg	
<b>Carbohydrates</b>		2.71g	
<b>Fiber</b>		0.20g	
<b>Sugar</b>		1.60g	
<b>Protein</b>		1.24g	
<b>Vitamin A</b>	13.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.31mg	<b>Iron</b>	0.09mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Macaroni & Cheese- Jr./Sr. High

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16419
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GCHC	12 Pound		413320
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package		135261
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 1/2 Pound	READY_TO_EAT	100036
MILK WHT 2 4-1GAL RGNLBRND	1 Gallon		504602
MUSTARD PKT 500-5.5GM GCHC	2 Tablespoon		700051
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Tablespoon		282944

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.043
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	310.68		
<b>Fat</b>	7.63g		
<b>SaturatedFat</b>	3.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.87mg		
<b>Sodium</b>	355.02mg		
<b>Carbohydrates</b>	46.46g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.92g		
<b>Protein</b>	14.80g		
<b>Vitamin A</b>	89.55IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	98.57mg	<b>Iron</b>	1.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo- Jr./Sr. High

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16423
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	15 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
MILK WHT 2 9-.5GAL RGNLBRND	6 Cup		608793

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	178.59
<b>Fat</b>	6.44g
<b>SaturatedFat</b>	2.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.80mg
<b>Sodium</b>	262.13mg
<b>Carbohydrates</b>	7.55g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.07g
<b>Protein</b>	20.63g
<b>Vitamin A</b> 318.96IU	<b>Vitamin C</b> 1.18mg
<b>Calcium</b> 218.85mg	<b>Iron</b> 0.06mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes- Jr./Sr. High

<b>Servings:</b>	135.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16478
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	112 Ounce		613738
Black Pepper	2 Tablespoon		24108
BASE CHIX 12-1 GCHC	1/4 Cup		439606

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	3.36g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1399.42mg
<b>Carbohydrates</b>	56.50g
<b>Fiber</b>	3.32g
<b>Sugar</b>	0.09g
<b>Protein</b>	6.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.27mg	<b>Iron</b> 1.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Arroz con Pollo- Jr./Sr. High

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16484
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	15 Pound		722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	7 1/2 Pound		100117

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	188.98
<b>Fat</b>	12.93g
<b>SaturatedFat</b>	7.43g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	60.92mg
<b>Sodium</b>	737.68mg
<b>Carbohydrates</b>	1.91g
<b>Fiber</b>	0.12g
<b>Sugar</b>	0.71g
<b>Protein</b>	14.39g

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

**Calcium** 252.00mg      **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

# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16485
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 11.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich- Jr./Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16488
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	2 Slice		6369
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice		100036

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	562.80mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.00mg	<b>Iron</b> 12.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup- Jr./Sr. High

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16489
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO LO SOD RTS 12-5 CAMP	5 #5 CAN		514829
SOUP TOMATO 12-5 CAMP	5 #5 CAN		101427
1 % White Milk	4 1 carton		

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	79.21
<b>Fat</b>	1.06g
<b>SaturatedFat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.88mg
<b>Sodium</b>	248.67mg
<b>Carbohydrates</b>	15.35g
<b>Fiber</b>	1.23g
<b>Sugar</b>	9.43g
<b>Protein</b>	1.95g
<b>Vitamin A</b> 0.28IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 18.09mg	<b>Iron</b> 0.53mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Grinder

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16490
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub 2oz	100 bun	BAKE	5113
MEATBALL CKD .65Z 6-5 COMM	400 Each		785860
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN		852759
CHEESE MOZZ SHRD 4-5 LOL	6 Pound		645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	425.14
<b>Fat</b>	17.26g
<b>SaturatedFat</b>	6.86g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	50.40mg
<b>Sodium</b>	825.03mg
<b>Carbohydrates</b>	42.26g
<b>Fiber</b>	4.77g
<b>Sugar</b>	10.49g
<b>Protein</b>	26.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.17mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Grinder- Jr. High

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17956
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub 2oz	100 bun	BAKE	5113
MEATBALL CKD .65Z 6-5 COMM	300 Each		785860
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN		852759
CHEESE MOZZ SHRD 4-5 LOL	6 Pound		645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	386.64
<b>Fat</b>	15.01g
<b>SaturatedFat</b>	5.99g
<b>Trans Fat</b>	0.45g
<b>Cholesterol</b>	41.40mg
<b>Sodium</b>	766.03mg
<b>Carbohydrates</b>	40.76g
<b>Fiber</b>	4.52g
<b>Sugar</b>	9.99g
<b>Protein</b>	23.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.42mg	<b>Iron</b> 0.75mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef & Noodles

<b>Servings:</b>	110.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26338
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	320 Ounce	Boil Water add Beef Base and margarine.	720861
PASTA NOODL KLUSKI 1/8 2-5 GCHC	13 Pound	Stir in Noodles cook until almost tender, do not over cook.	270385
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	32 Ounce		110611
MARGARINE SLD 30-1 GCHC	8 Ounce	Place in steam table pans. keep in warming until till serving time.	733061
Cold Water	10 Gallon		0000

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.993
<b>Grain</b>	1.891
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	385.89		
<b>Fat</b>	13.72g		
<b>SaturatedFat</b>	4.51g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	82.40mg		
<b>Sodium</b>	1506.88mg		
<b>Carbohydrates</b>	42.19g		
<b>Fiber</b>	1.89g		
<b>Sugar</b>	3.88g		
<b>Protein</b>	21.80g		
<b>Vitamin A</b>	109.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.57mg	<b>Iron</b>	3.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Bacon Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27770
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 Ounce	Shave Turkey	100121
BACON APPLWD 18-22CT 15# SGRDL	1 Slice	1 slice bacon	611460
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	2 slices cheese	100036
TORTILLA SHELL ULTRGR 10" F2F 24-6CT	1	Place turkey, cheese and bacon in wrap and fold like a burrito.	459034

## Preparation Instructions

Students can then create their own wrap by choosing a side salad to add it to the wrap and their choice of condiments.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.258
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	190.44		
<b>Fat</b>	10.52g		
<b>SaturatedFat</b>	5.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.72mg		
<b>Sodium</b>	753.36mg		
<b>Carbohydrates</b>	3.26g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	20.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Monte Cristo Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27771
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Cup	1 grilled chicken breast. Place chicken on a sheet tray lined with parchment paper.	110921
Cheese, Mozzarella, Part Skim, Shredded	1/4 Cup	Place 1/4 cup Shredded Mozz. Cheese on top of chicken breast.	100021
BACON 22-26CT 15 SMTHF	1 Cup	Place the bacon strip on top of cheese. Cook for 5-7 minutes. Do not over cook. (Chicken gets tough when over cooked) When heated through place chicken on a Hoagie Bun.	131971
5" WG Hoagie Bun	1 Cup		3737

## Preparation Instructions

Fill a lined sheet tray with chicken . Place 1/4 cup mozz. cheese on top of each piece of chicken. Add 1 slice of bacon to each .

Bake in a 350 degree oven for 5-7 minutes (Do NOT over cook) Chicken becomes tough if over heated.

When heated through place chicken in a Hoagie bun and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	151.19		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.20mg		
<b>Sodium</b>	303.23mg		
<b>Carbohydrates</b>	1.42g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	1.06g		
<b>Protein</b>	17.85g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Tomato Bisque

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32397
<b>School:</b>	Lakeland Jr.- Sr. High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CREAM WHIP 36 HVY 4-1QT DPUR	2 3/8 Quart		606472
SAUCE MARINARA 6-10 REDPK	1 #10 CAN	READY_TO_EAT None	502181

## Preparation Instructions

Combine 1-#10 can marinara sauce and 1 qt heavy cream.

heat in kettle to a boil.

Serve 6oz portion in 8 oz bowl.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	188.48		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	10.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.91mg		
<b>Sodium</b>	69.84mg		
<b>Carbohydrates</b>	6.21g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	4.14g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	609.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.42mg	<b>Iron</b>	0.52mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt & Granola bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32408
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	869930
Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	1 Bar		25053

## Preparation Instructions

Serve 1-4oz yogurt with 1 granola bar  
Hold at 40 degrees or below.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	250.45
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	209.90mg
<b>Carbohydrates</b>	37.40g
<b>Fiber</b>	1.02g
<b>Sugar</b>	24.60g
<b>Protein</b>	7.20g
<b>Vitamin A</b> 165.55IU	<b>Vitamin C</b> 0.11mg
<b>Calcium</b> 169.95mg	<b>Iron</b> 0.50mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bosco sticks and marinara sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	1 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Bosco Sticks on a baking sheet.</li> <li>THAWED: 7-9 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>Preheat oil to 350° F.</li> <li>THAWED ONLY: 1-2 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before baking.</li> <li>Keep Bosco Sticks covered while thawing.</li> <li>Bosco Sticks may be thawed in packaging.</li> <li>Bosco Sticks have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982
SAUCE MARINARA 6-10 REDPK	1 Cup	<p><b>READY_TO_EAT</b> None</p>	502181

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 259.00mg	<b>Iron</b> 4.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32441
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	6 Each	Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees. 6 Pieces	497360

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.

- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	2.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available