

Cookbook for Rushville County Schools

Created by HPS Menu Planner

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100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32863
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE GRP 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.	135460
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 FRSH 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.	118930
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524

Preparation Instructions

- 1) Pull the number of cases needed the day prior by setting in the refrigerator.
- 2) Place juice cartons on line or in breakfast tote

*Remember to offer the fruit juice that is different from the fresh fruit being served (for example - do NOT serve apples with apple juice, etc.)

1 juice carton equals 1/2 c. fruit serving

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	124.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.00mg		
Carbohydrates	30.40g		
Fiber	0.00g		
Sugar	28.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	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

Cheerio Cereal Breakfast Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32864
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321

Preparation Instructions

READY_TO_EAT

Ready to eat.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
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	280.00		
Fat	5.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.00mg		
Carbohydrates	58.00g		
Fiber	5.00g		
Sugar	24.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.00mg	Iron	8.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32865
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	183.33
Fat	2.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.33g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

2 - Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32866
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Gram		542344

Preparation Instructions

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

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

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

2. Spray Bosco Stick breadsticks with garlic cooking spray after baking.

CCP: Internal temperature must reach 165 degree F

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
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 Serving

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32867
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Each		533830

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

CCP: Internal temperature must reach 165 degree F.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

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: 1.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	237.70		
Fat	11.90g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	401.10mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32868
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	12 1/2 Each		282431
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	12 1/2 Each		209761
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	12 1/2 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	12 1/2 Each		262103
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	12 1/2 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	12 1/2 Each	READY_TO_EAT Ready to eat cereal bars	265891

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.25g
SaturatedFat	0.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	187.50mg
Carbohydrates	41.75g
Fiber	4.25g
Sugar	14.50g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.90mg

*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-32869
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

Rinse fruit prior to serving

Select one fresh fruit for meal service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.020
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	102.42
Fat	0.14g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.66mg
Carbohydrates	27.31g
Fiber	5.18g
Sugar	16.09g
Protein	1.02g
Vitamin A 63.35IU	Vitamin C 10.48mg
Calcium 21.84mg	Iron 0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Frozen Fruits

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32870
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	1/2 Cup		765270

Preparation Instructions

Thaw the day before.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.50g		
Sugar	11.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32871
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION.
ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32872
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	READY_TO_EAT	869921

Preparation Instructions

Select the yogurt cup for breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

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	55.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Cinnamon Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32873
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921

Preparation Instructions

Pull cases day before.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
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

Mini Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32874
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection

Oven: Preheat oven to 350 degrees F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

* Conventional Oven: Preheat oven to 350 degrees F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Select one mini waffle options for meal service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00
Fat	10.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	72.00g
Fiber	7.00g
Sugar	23.00g
Protein	8.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 300.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Chocolate Chunk Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32875
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

Preparation Instructions

1) Thaw the day before by placing needed amount in the refrigerator.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	220.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32876
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/CHS 120-3.2Z	1 Each		125046

Preparation Instructions

Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito/wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used.

Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-18 min. Refrigerated: Heat for 13-15 min.

Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 18-20 min. Refrigerated: Heat for 15-17 min.

Microwave: Frozen: Heat for 50 secs. Let rest for 1 min. before consuming. Refrigerated: Heat for 30 secs.

Let rest for 1 min. before consuming.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	208.00
Fat	7.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	399.00mg
Carbohydrates	25.00g
Fiber	3.30g
Sugar	2.00g
Protein	10.30g
Vitamin A 242.25IU	Vitamin C 0.99mg
Calcium 122.64mg	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

Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32877
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Pull from refrigerator day of and add to breakfast bags, if needed

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	80.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	200.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	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

Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32878
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001

Preparation Instructions

THAW

Store frozen until ready to use. Thaw overnight under refrigerations

Choose 1 muffin type for breakfast service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	17.00g		
SaturatedFat	3.50g		
Trans Fat	0.10g		
Cholesterol	45.00mg		
Sodium	365.00mg		
Carbohydrates	55.00g		
Fiber	1.00g		
Sugar	29.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32879
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

Choose one cereal for breakfast service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	20.00g		
Protein	4.00g		
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

Mini French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32880
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package		498442
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package		150281

Preparation Instructions

READY_TO_EAT

Heat convection oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 8-10 minutes from frozen or 4-5 minutes if thawed. Preheat conventional oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 13-15 minutes from frozen or 7-8 minutes if thawed. Can be held in warmer for up to 3 hours at 150F.

Select one mini french toast for Breakfast service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	430.00mg
Carbohydrates	73.00g
Fiber	5.00g
Sugar	24.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 5.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32881
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each		838350

Preparation Instructions

BAKE

PREP INSTRUCTIONS - PLACE ON BAKING SHEET. BAKE - CONVECTION OVEN 350°F 7-9 MINUTES. CONVENTIONAL OVEN - 350°F 11-13 MINUTES. WARMING CABINET 150°F 1 HOUR - 30 MINUTES

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Apple Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32882
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340

Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Breakfast Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32883
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP HAM/EGG/CHS COMBO BAR 80-2Z HRML	1 Each		402164

Preparation Instructions

PREP INSTRUCTIONS - PLACE ON BAKING SHEET.

BAKE - CONVECTION OVEN 350°F 7-9 MINUTES. CONVENTIONAL OVEN - 350°F 11-13 MINUTES.

WARMING CABINET 150°F 1 HOUR - 30 MINUTES

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.250
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	200.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	350.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Chocolate Chip Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32884
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

Preparation Instructions

Thaw day before serving in refrigerator

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	8.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	230.00mg
Carbohydrates	47.00g
Fiber	3.00g
Sugar	20.00g
Protein	5.00g
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

WG Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32885
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942

Preparation Instructions

Ready to eat

Thaw at room temperature on counter same day or in refrigerator overnight.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	6.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32886
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each		839520

Preparation Instructions

Ready to Eat

Thaw at room temperature or in refrigerator over night. Once thawed, serve.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32887
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Mini Maple Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32888
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	HEAT_AND_SERVE Thaw product night before	284831

Preparation Instructions

HEAT_AND_SERVE

Thaw product night before, preheat oven to 350°F, Place thawed pouches, picture side up, on baking sheet. Heat for 5-7 minutes

CONVECTION OVEN - Frozen Product

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9-10 minutes.

CONVENTIONAL OVEN - Frozen Product

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14-15 minutes.

Best if consumed within 2 hours.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	320.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32889
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230

Preparation Instructions

Keep frozen until ready to use

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

CONVENTIONAL OVEN: PREHEAT CONVENTIONAL OVEN TO 350*F. OPEN ONE END OF WRAPPER. PLACE WRAPPER WITH PANCAKES ON A COOKIE SHEET. BAKE FOR 7 TO 9 MINUTES.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32890
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each		865440

Preparation Instructions

Ready to Eat

Can be served at ROOM TEMPERATURE OR WARMED SLIGHTLY by placing in hot holding unit prior to service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	280.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	5.00g		
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

Mini Cinnamon Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32891
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package		894291

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	14.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart (2 ct.)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32892
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

Ready to serve

Pull number of cases needed for breakfast service.

Serve only 1 type of Pop tart for each breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.375
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	5.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	235.00mg		
Carbohydrates	73.00g		
Fiber	6.00g		
Sugar	29.50g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Blueberry Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32893
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Dunkin Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32894
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT DUNKIN STIX WGRAIN IW 100-1.9Z	1 Each		726932

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	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

PB& Grape Jelly Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32895
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	16.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	15.00g
Protein	9.00g
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

PB & Strawberry Jelly Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32896
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	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

Soft Pretzel

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32897
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32898
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly. Conventional Oven1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CCP: Internal temperature must reach 165 degree F

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
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	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	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

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32899
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven6 - 8 minutes at 375°F from frozen.	558040

Preparation Instructions

BAKE

Appliances vary, adjust accordingly. Conventional Oven8 - 10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly. Convection Oven6 - 8 minutes at 375°F from frozen.

CCP: Internal temperature must reach 165 degree F

Service:

Portion 5 chicken nuggets per serving

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

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 Each

Amount Per Serving

Calories	240.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	470.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.00mg	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

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32900
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z FOSTFM	1 Each		720120

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 Each

Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32901
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	172.25		
Fat	8.62g		
SaturatedFat	1.59g		
Trans Fat	0.00g		
Cholesterol	32.61mg		
Sodium	290.65mg		
Carbohydrates	8.70g		
Fiber	1.09g		
Sugar	2.17g		
Protein	13.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32909

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Lowfat Chocolate Milk	1 Each	READY_TO_DRINK Keep chilled in refrigerator below 40 degrees F.	

Preparation Instructions

1 carton = 1 milk serving

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	240.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	25.00g		
Protein	8.00g		
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

1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Lowfat Milk	1 Each	READY_TO_DRINK Keep chilled in a refrigerator below 40 degrees F.	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	120.00mg
Carbohydrates	11.00g
Fiber	0.00g
Sugar	11.00g
Protein	8.00g
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

Dinner Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Dinner Roll, 4372	1 Each	READY_TO_EAT	

Preparation Instructions

RTE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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 Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32912

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each		365790

Preparation Instructions

READY_TO_EAT

Single-serve ready to eat dry cereal.

1 cereal bowl equals 1 oz grain equivalent. Serve one type of cereal per breakfast service.

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 Each

Amount Per Serving			
Calories	112.60		
Fat	1.75g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.90mg		
Carbohydrates	23.00g		
Fiber	1.85g		
Sugar	7.25g		
Protein	1.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.10mg	Iron	3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coco Puffs Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32920

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
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	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Lucky Charms Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
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	290.00
Fat	5.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	58.00g
Fiber	4.00g
Sugar	29.00g
Protein	4.00g
Vitamin A 500.00IU	Vitamin C 66.00mg
Calcium 112.00mg	Iron 5.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Krispie Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
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	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
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	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
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

Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

PACKAGING: 2OZ POLY BAGS IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 34 -40 F. PREPARATION: OPEN AND SERVE.

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	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

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426

Preparation Instructions

READY_TO_EAT

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	252.00		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.60mg		
Carbohydrates	62.00g		
Fiber	4.60g		
Sugar	58.00g		
Protein	2.40g		
Vitamin A	7.40IU	Vitamin C	0.20mg
Calcium	31.80mg	Iron	2.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32926

Ingredients

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

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD I/JCE CUP 72-4Z DELMNT	1 Each		790712

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	13.00g
Fiber	1.00g
Sugar	8.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.00mg	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

Pineapple Tidbits

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1 Each		216300

Preparation Instructions

READY_TO_EAT

Ready to Eat

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: 1.00

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	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each		131970

Preparation Instructions

READY_TO_EAT

Ready to Eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
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

Dragon Punch Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571

Preparation Instructions

READY_TO_EAT

Thaw before serving. Any unused thawed portions can be refrigerated for up to 14 days

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	1 Package		282471

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Bunny Graham Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	9.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Mini Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32933

Ingredients

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

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	16.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	19.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.00mg	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

Yeast Donut Ring

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582

Preparation Instructions

ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

Ham & Cheese Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	1 Each		672642

Preparation Instructions

Thawing Instructions:

Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.

Preparation Instructions:

Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.20		
Fat	4.20g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	17.00mg		
Sodium	392.20mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	10.60g		
Vitamin A	121.85IU	Vitamin C	0.00mg
Calcium	105.20mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Chocolate Chip French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492

Preparation Instructions

HEAT_AND_SERVE

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	6.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	11.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Breakfast Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN BKFST WGRAIN 60-3Z BKCRFT	1 Each		157232

Preparation Instructions

READY_TO_EAT

No baking necessary.

Thaw overnight in refrigeration.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	270.00
Fat	10.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	13.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wild Blueberry Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222

Preparation Instructions

Ready to eat

Thaw at room temperature prior to service or thaw overnight in the refrigerator.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	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

Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32939

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

Ready to eat

Thaw at room temperature prior to meal service or thaw overnight in the refrigerator.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	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

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

Preparation Instructions

Ready to eat.

Use a half cup serving spoodle to serve the correct portion.

Or if using a portion cup - use a 5 oz cup and scoop 4oz per cup.

CCP: Hold oranges prior to meal service in refrigerator - temperature below 40 degree F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	19.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	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

Strawberry Banana Bash Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

CCP: Store in refrigerator at 40 degrees F or below.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Triple Cherry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

CCP: Store in refrigerator - temperature at 40 degrees F or below

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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 Stuffed Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	1 Each		235411
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Gram		542344

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with garlic spray after baking.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	5.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	220.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	1.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	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

Ranch Dressing

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33002

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5Z KENS	1 Each		195707
DRESSING RNCH CUP REF 100-1.5Z KENS	1 Each		312788

Preparation Instructions

Ready to eat

Serve only 1 packet per student

CCP: Keep stored in a cool, dry place

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	115.00
Fat	10.83g
SaturatedFat	1.58g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	328.33mg
Carbohydrates	4.33g
Fiber	0.00g
Sugar	1.33g
Protein	0.83g

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

Fresh Red Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	2 Each		280895

Preparation Instructions

STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. STORE IN ORIGINAL CONTAINER. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.

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: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	220.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	56.00g		
Fiber	2.00g		
Sugar	48.00g		
Protein	2.00g		
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

Chicken Tenders WG

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33005

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Each		533830

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Serving size is 3 tenders per student

CCP: Internal temperature must be 165 degree F.

CCP Holding: 140 degree F

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: 3.00 Each

Amount Per Serving			
Calories	237.70		
Fat	11.90g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	401.10mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751

Preparation Instructions

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	120.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	100.00mg
Carbohydrates	18.00g
Fiber	2.00g
Sugar	0.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.00mg	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

Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33007

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce		163020

Preparation Instructions

Ready to eat

Portion 10 chips per serving. Ideally, weigh out 1oz of chips per bowl for each student.

Store in a cool, dry area.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	120.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	423.29
Fat	15.87g
SaturatedFat	1.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.55mg
Carbohydrates	70.55g
Fiber	7.05g
Sugar	0.00g
Protein	7.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.40mg	Iron 3.53mg

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

Salsa Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each		677802

Preparation Instructions

READY_TO_EAT

None

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	29.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33022

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	4 Ounce		452841

Preparation Instructions

READY_TO_EAT

None

Portion 4 oz for each serving using a number 8 spoodle.

To preportion the salsa, place 4 oz servings to a 5 oz cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	277.33mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	2.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33023

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 3/4 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

Preparation Instructions

Store in a cool, dry place.

Preparation

- 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.

Portion out 5.5 ounces by weight per serving

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	188.62
Fat	1.57g
SaturatedFat	0.52g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	681.14mg
Carbohydrates	32.49g
Fiber	10.48g
Sugar	0.00g
Protein	10.48g
Vitamin A 0.73IU	Vitamin C 1.04mg
Calcium 58.63mg	Iron 2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33024

Ingredients

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

Preparation Instructions

Prepare:

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F).

Stove Top: Combine 7 cups of water. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F).

Fluff with a fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.507
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 Cup

Amount Per Serving

Calories	133.33		
Fat	1.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	28.00g		
Fiber	1.33g		
Sugar	0.00g		
Protein	5.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	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

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1/4 Cup		613738

Preparation Instructions

Preparation:

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.
- 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Serve:

Using a number 8 scoop, portion out a .5 cup for each student.

Hold hot at 135 degree F

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Cheddar Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261

Preparation Instructions

Preparation:

UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN.

DO NOT MICROWAVE

Portion:

Use a 3 oz ladle to portion out serving.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00 Ounce

Amount Per Serving

Calories	130.00
Fat	10.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	550.00mg
Carbohydrates	5.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 287.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	152.85
Fat	11.76g
SaturatedFat	7.05g
Trans Fat	0.00g
Cholesterol	35.27mg
Sodium	646.69mg
Carbohydrates	5.88g
Fiber	0.00g
Sugar	0.00g
Protein	8.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.45mg	Iron 0.00mg

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

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33027
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hamburger Bun, 3354	1 Each	READY_TO_EAT	
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

Preparation Instructions

Prepare:

Once cooked - One beef patty per hamburger bun

Hold hot at 140 degree F

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	270.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33028
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hamburger Bun, 3354	1 Each	READY_TO_EAT	
BEEF PTY CHARB CN 136-2.4Z ADV	1 Piece	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.	120330

Preparation Instructions

Prepare:

Once cooked - One beef patty per hamburger bun

Hold hot at 140 degree F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	260.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	380.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.20mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33029
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hamburger Bun, 3354	1 Each	READY_TO_EAT	
BEEF PTY CHARB CN 136-2.4Z ADV	1 Piece	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	120330
Cheddar Cheese, Sliced	1 Slice	READY_TO_EAT	

Preparation Instructions

Prepare:

Once cooked - One beef patty and 1 slice of cheese per hamburger bun

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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	370.00
Fat	21.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	650.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	4.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.20mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33030
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hamburger Bun, 3354	1 Each	READY_TO_EAT	
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
Cheddar Cheese, Sliced	1 Slice	READY_TO_EAT	

Preparation Instructions

Prepare:

Once cooked - One beef patty and slice of cheese per hamburger bun

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	24.50g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	540.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Pickles

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33031
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD SMTH HAMB 5GAL BRICK	1 Ounce		580511

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	917.12mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33032
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16 6-5 REDSTNCAN	3 Ounce		118861

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion:

.5 cup per serving (or 64 g by weight)

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	150.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33033
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	9 Each		141510

Preparation Instructions

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.

Portion:

.5 cup per serving (or 9 tater tots)

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	0.563

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	146.25		
Fat	6.75g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.75mg		
Carbohydrates	18.00g		
Fiber	2.25g		
Sugar	0.00g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	4.05mg
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

Personal Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33034
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN IW 72-4.46Z TONY	1 Each		605862

Preparation Instructions

Place wrapped pizzas in prepared pans. For best results, cook from frozen state. Convection Oven: Preheat oven to 350 degrees F, bake 18-21 minutes. Convention Oven: Preheat oven to 400 degrees F, bake 24-26 minutes. Microwave Oven: (1 portion ,unwrapped) Cook 2-3 minutes, 1100 Watts. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments.

Hold hot at 140 degrees F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving

Calories	280.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	410.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 60.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Garlic Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33035
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	1 Each		154371

Preparation Instructions

PREHEAT THE CONVECTION OVEN TO 375F. PRODUCT MUST BE COOKED FROM A FROZEN STATE FOR BEST RESULTS. PLACE FROZEN PIZZAS IN 18" X 26" X 1/2" BUN PAN.

CONVECTION OVEN: 375F FOR 10 TO 13 MINUTES. NOTE: OVEN TEMPERATURE AND TIMES MAY VARY DUE TO OVEN LOAD AND/OR PRODUCT TEMPERATURE. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

PREHEAT THE CONVENTIONAL OVEN TO 400F. PRODUCT MUST BE COOKED FROM A FROZEN STATE FOR BEST RESULTS. PLACE FROZEN PIZZAS IN 18" X 26" X 1/2" BUN PAN. CONVENTIONAL OVEN: 400F FOR 18 TO 20 MINUTES. NOTE: OVEN TEMPERATURE AND TIMES MAY VARY DUE TO OVEN LOAD AND/OR PRODUCT TEMPERATURE. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Hold hot at 140 degrees F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	30.00g
Fiber	0.00g
Sugar	3.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33036
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	12 Ounce	Already washed - ready to use	153121
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
MEAT COMBO PK SLCD 12-1 JENNO	1 Ounce		236012
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut hard boiled egg in half	853800
CARROT MATCHSTICK SHRED 2-3 RSS	3 Ounce		198161

Preparation Instructions

To assemble salad:

Portion 1.5 c of lettuce as the based

Add 1 ounce or .25 c. of shredded cheese

Add 1 ounce or 2 slices of meat

Add 3 ounce by weight of shredded carrots

Add 2 hard boiled egg halves

Add 2 packages of croutons

Provide one dressing packet per salad

Hold for serving cold at or below 40 F

Meal Components (SLE)

Amount Per Serving

Meat	2.678
Grain	1.000
Fruit	0.000
GreenVeg	1.667
RedVeg	0.667
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	426.34
Fat	18.05g
SaturatedFat	5.85g
Trans Fat	0.00g
Cholesterol	206.02mg
Sodium	818.73mg
Carbohydrates	41.67g
Fiber	9.33g
Sugar	14.67g
Protein	28.40g
Vitamin A 14266.67IU	Vitamin C 5.20mg
Calcium 378.74mg	Iron 6.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33037
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN FF 60-1.5Z KENS	1 Each		195715

Preparation Instructions

Ready to use

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	430.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country French Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33038
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Ounce		195758

Preparation Instructions

Ready to use

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	126.67		
Fat	10.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	8.67g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Chili

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33039
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	5 1/2 Ounce		661891

Preparation Instructions

KEEP FROZEN

Place sealed bag in a steamer in a perforated pan or in boiling water.

Heat Approximately 45 minutes or until product reaches an internal temperature of 135 degree F.

**To check the temperature - simply fold the corner of the bag over the thermometer to fully cover or place the thermometer in between two bags.

***Do NOT puncture bag

CAUTION: Open bag carefully to avoid being burned.

CCP: Internal temperature must reach 135 degree F.

Place chili in a 4 inch deep steamtable pan. Serve using a number 5 scoop or 6 oz ladel

Hold hot for serving at 135 degree F

Meal Components (SLE)

Amount Per Serving

Meat	2.140
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.407
OtherVeg	0.139
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	173.32
Fat	6.53g
SaturatedFat	2.46g
Trans Fat	0.41g
Cholesterol	46.01mg
Sodium	376.28mg
Carbohydrates	12.84g
Fiber	3.53g
Sugar	5.35g
Protein	15.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.19mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cornbread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33040
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

Preparation Instructions

THAW UNDER REFRIGERATION (7 DAY SHELF LIFE AT ROOM TEMPERATURE)

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	90.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	15.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.00mg	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

Colby Cheese Cubes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33041
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each		680130

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	90.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	180.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	194.00mg	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

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33042
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	1 Cup		488232

Preparation Instructions

STOVE: STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

MICROWAVE: STIR SOUP IN MICRO- SAFE BOWL W/1 CAN WATER,COVER. HEAT ON HIGH 3-4 MIN. STIR.

Serve using an 8 oz ladle or 2 scoops from a number 8 spoodle

Hold hot at 135 degree F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	780.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	20.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33043
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 9/10 Ounce		676463

Preparation Instructions

Cook from frozen

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.

Cooking equipment may vary. Adjust cooking time appropriately.

Serve using a number 5 scoop (3/4 cup)

Hold hot at 135 degree F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving			
Calories	270.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Fortune Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33044
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
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	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	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

Romaine Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33070

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	8 Ounce	Already washed - ready to use	153121
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
CARROT MATCHSTICK SHRED 2-3 RSS	3 Ounce		198161

Preparation Instructions

To assemble salad:

Portion 1 c of lettuce as the base

Add 1 ounce or .25 c. of shredded cheese

Add 3 ounce by weight of shredded carrots

Add 1 packages of croutons

Provide one dressing packet per salad

Hold for serving cold at or below 40 F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.000
GreenVeg	1.111
RedVeg	0.667
OtherVeg	1.111
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	227.78
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	390.00mg
Carbohydrates	26.89g
Fiber	7.11g
Sugar	10.44g
Protein	14.11g
Vitamin A 14266.67IU	Vitamin C 5.20mg
Calcium 299.78mg	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

pudding

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33071

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC 48-3.75Z KOZY SHACK	1 Each		650942

Preparation Instructions

Ready to Eat

Store in a cool, dry place.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	2.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	130.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.00mg	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

Crinkle Cut French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	3 Ounce		200697

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Serve using a number 8 spoodle, or half cup.

Hold hot at 135 degree F.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	100.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33073

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Prepare from frozen state.

Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convection oven to 375 degrees F and bake for 6-8 minutes. Grill for 2 minutes or until heated through.

One breadstick per student.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	2.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	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

Stuffed Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33074

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680

Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 400°F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

Hold hot at 135 degree F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	4.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Stuffed Pizza Wedge

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33075

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 72CT MAX	1 Each		198952

Preparation Instructions

PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16 PIZZA PIE AND FIT 12 TO A PAN. CONVECTION OVEN: BAKE AT 375F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F. CONVENTIONAL OVEN: BAKE AT 400F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F."

Hold hot at 135 degree F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving

Calories	280.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	490.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33076

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce		491074
Chicken, diced, cooked, frozen	1 Ounce		100101

Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Place chicken in pan to cook:

Conventional oven: 350 °F for 8 minutes

Convection oven: 350 °F for 4 minutes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Open bag and combine chicken with the alfredo mixture

Hold hot for 135 degree F

Serve using a 6 oz ladle

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: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	326.00
Fat	13.00g
SaturatedFat	6.80g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1168.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	23.00g
Vitamin A 473.00IU	Vitamin C 1.00mg
Calcium 402.00mg	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

Baked Pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33077

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 Ounce		728590

Preparation Instructions

Prepare from frozen state. PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

CCP: Internal temperature must reach 135 degree F.

CCP: Hold hot at 135 degree F.

Serve using an 8 oz ladle.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
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 Cup

Amount Per Serving	
Calories	314.00
Fat	16.00g
SaturatedFat	6.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	606.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 613.00IU	Vitamin C 23.00mg
Calcium 55.00mg	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

Beefy Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce		573201
PASTA SPAGHETTI 10 2-10 KE	2 Ounce		654560

Preparation Instructions

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

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

KEEP FROZEN

Place sealed bag in a steamer in a perforated pan or in boiling water.

Heat Approximately 45 minutes or until product reaches an internal temperature of 135 degree F.

**To check the temperature - simply fold the corner of the bag over the thermometer to fully cover or place the thermometer in between two bags.

***Do NOT puncture bag

CAUTION: Open bag carefully to avoid being burned.

CCP: Internal temperature must reach 135 degree F.

For noodles:

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

Hold hot at 135 degree F.

Serve by using 1 cup spoodle of spaghetti and placing sauce using an 6 oz ladle on top.

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 Cup

Amount Per Serving

Calories	367.00		
Fat	8.00g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	290.00mg		
Carbohydrates	51.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	22.00g		
Vitamin A	647.00IU	Vitamin C	19.00mg
Calcium	44.00mg	Iron	3.80mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each		661921
WG White Mini Sub Bun, 4339	1 Each	READY_TO_EAT	

Preparation Instructions

Cook from frozen state. Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes. CCP: Internal temperature must reach 165 degree F

Place 1 patty in one sub bun.

Hold hot at 135 degree F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	340.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	680.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	9.00g
Protein	19.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 100.00mg	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

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33080
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White 1oz Breadstick, 5083	1 Each	READY_TO_EAT	

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
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

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33081
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup		822477

Preparation Instructions

Store in a cool, dry place.

Spray 2" pan with nonstick cooking spray. Place beans in a 2" pan, cover with aluminum foil, and cook:

For 5 minutes in oven at 350 degree F or until internal temperature reaches 135 degree F.

Hold hot at 135 degree F.

Serve using a number 8 spoodle, 1/2 c.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	130.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	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

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33082
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR R/SOD 6-10 BUSH	1/2 Cup		567091

Preparation Instructions

Store in a cool, dry place.

Spray 2" pan with nonstick cooking spray. Place beans in a 2" pan, cover with aluminum foil, and cook:

For 5 minutes in oven at 350 degree F or until internal temperature reaches 135 degree F.

Hold hot at 135 degree F.

Serve using a number 8 spoodle, 1/2 c.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Bites

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33083
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	2 Each		143271

Preparation Instructions

BAKE

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

Hold hot at 135 degree F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	210.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	335.00mg		
Carbohydrates	20.50g		
Fiber	3.00g		
Sugar	1.50g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	213.50mg	Iron	1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Patty

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33084
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 120-2.25Z OREI	1 Each		201146

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Hold hot at 135 degree F

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	0.00g		
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

Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33085
School:	Rushville County Schools		

Ingredients

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

Preparation Instructions

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 45 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Hold hot at 135 degree F

Serve using a 6 oz ladle, 3/4 cup.

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: 3.00 Cup

Amount Per Serving	
Calories	317.30
Fat	15.90g
SaturatedFat	8.90g
Trans Fat	0.14g
Cholesterol	46.00mg
Sodium	779.00mg
Carbohydrates	28.00g
Fiber	2.10g
Sugar	3.00g
Protein	15.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33086
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	3/4 Cup		119122

Preparation Instructions

THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

Hold hot at 135 degree F.

Serve using a number 6 spoodle, 2/3 c.

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: 3.00 Cup

Amount Per Serving

Calories	324.63
Fat	1.90g
SaturatedFat	0.45g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	422.01mg
Carbohydrates	95.49g
Fiber	0.00g
Sugar	0.00g
Protein	7.39g
Vitamin A 0.00IU	Vitamin C 3.36mg
Calcium 36.38mg	Iron 9.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33087
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	READY_TO_EAT	284751

Preparation Instructions

KEEP FROZEN

Place sealed bag in a steamer in a perforated pan or in boiling water.

Heat Approximately 45 minutes or until product reaches an internal temperature of 135 degree F.

**To check the temperature - simply fold the corner of the bag over the thermometer to fully cover or place the thermometer in between two bags.

***Do NOT puncture bag

CAUTION: Open bag carefully to avoid being burned.

CCP: Internal temperature must reach 135 degree F.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Hold hot at 135 degree F.

Serve using a number 10 spoodle along with 1 bag of chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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: 3.00 Ounce

Amount Per Serving

Calories	233.10		
Fat	9.30g		
SaturatedFat	2.30g		
Trans Fat	0.29g		
Cholesterol	34.00mg		
Sodium	395.70mg		
Carbohydrates	23.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	14.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.00mg	Iron	1.98mg

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

Nutrition - Per 100g

Calories	274.08		
Fat	10.93g		
SaturatedFat	2.70g		
Trans Fat	0.34g		
Cholesterol	39.98mg		
Sodium	465.26mg		
Carbohydrates	27.04g		
Fiber	4.70g		
Sugar	2.35g		
Protein	17.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.83mg	Iron	2.33mg

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

Queso Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33088
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

Hold hot at 135 degree F

Serve using a number 30 spoodle, 1 oz. ladle

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	60.80
Fat	4.80g
SaturatedFat	2.80g
Trans Fat	0.01g
Cholesterol	14.50mg
Sodium	218.25mg
Carbohydrates	0.50g
Fiber	0.05g
Sugar	0.00g
Protein	3.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	214.47
Fat	16.93g
SaturatedFat	9.88g
Trans Fat	0.02g
Cholesterol	51.15mg
Sodium	769.85mg
Carbohydrates	1.76g
Fiber	0.18g
Sugar	0.00g
Protein	11.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.38mg	Iron 0.00mg

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

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	11.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33089
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each		327120

Preparation Instructions

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Hold hot at 135 degree F

Serve 11 chicken pieces per student

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: 11.00 Each

Amount Per Serving

Calories	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	14.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.00mg	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

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33090
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each		281831

Preparation Instructions

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.

Hold hot at 135 degree F.

Serve 5 nuggets per student

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: 5.00 Each

Amount Per Serving

Calories	240.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33091
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

Preparation Instructions

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

Hold Hot at 135 degree F

Serve 1 omelet per student

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.00mg	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

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33092
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Hamburger Bun, 3159	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622

Preparation Instructions

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.

Place 1 chicken patty in 1 bun. Hold hot at 135 degree F

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 Each

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stir Fry Veggies

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33093
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 6-2 LACHY	1 Cup		473324

Preparation Instructions

RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES.

Hold hot at 135 degree F

Serve using an 8 oz ladle, 1 c.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.260
RedVeg	0.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Jelly

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33094
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY ASST 11 200-10GM GCHC	1 Each		503172

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.80mg
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

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33095
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homestyle 100% Whole Wheat Bread	1 Slice	READY_TO_EAT	
Oil, PAM cooking spray, original	1		4679

Preparation Instructions

Spray slices with cooking spray on each side. Lay slices in a single layer on a sheet pan. Place in oven at 350 degree F for 2 minutes or until golden brown.

Serve warm and 1 slice per student.

Hold hot at 135 degree F

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	92.38
Fat	1.24g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.18mg
Carbohydrates	16.06g
Fiber	2.00g
Sugar	3.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Mango Wango Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33096
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each		510562

Preparation Instructions

READY_TO_EAT

Thaw when ready to use keeping used portion in refrigeration upto 14 days

Hold cold at 39 degree F or lower

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nacho

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33097
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	4 Ounce		100117
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	READY_TO_EAT	284751
PEPPERS STRIPS BLND 6-5 GCHC	1 Cup		261548
SEASONING TACO 21Z TRDE	1 Teaspoon		413429

Preparation Instructions

BAKE Chicken:

PLACE ONE BAG ON SPRAYED BAKING SHEET, add one pepper strip bag to each baking sheet, sprinkle with taco seasoning

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

Serve using number 6 spoodle, 2/3 c. of chicken with 1 package of chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.353
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	293.53
Fat	9.21g
SaturatedFat	2.85g
Trans Fat	0.00g
Cholesterol	87.06mg
Sodium	1066.27mg
Carbohydrates	27.69g
Fiber	2.00g
Sugar	5.52g
Protein	23.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.00mg	Iron 0.30mg

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

Nutrition - Per 100g

Calories	258.85
Fat	8.12g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	76.77mg
Sodium	940.29mg
Carbohydrates	24.42g
Fiber	1.76g
Sugar	4.87g
Protein	20.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.28mg	Iron 0.26mg

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

Teriyaki Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33098
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce		100117
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Tablespoon		176721

Preparation Instructions

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

Add sauce to pan and mix to coat the chicken evenly.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Serve using a number 10 spoodle, 3/8c.

Meal Components (SLE)

Amount Per Serving

Meat	1.765
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: 3.00 Ounce

Amount Per Serving

Calories	122.65		
Fat	3.53g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	65.29mg		
Sodium	844.71mg		
Carbohydrates	5.76g		
Fiber	0.00g		
Sugar	4.76g		
Protein	16.88g		
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

Calories	144.21		
Fat	4.15g		
SaturatedFat	2.07g		
Trans Fat	0.00g		
Cholesterol	76.77mg		
Sodium	993.20mg		
Carbohydrates	6.78g		
Fiber	0.00g		
Sugar	5.60g		
Protein	19.85g		
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

Beef & Bean Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33099
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF CHILI/CHS/BN WGRAIN 60-5Z	1 Each		497610

Preparation Instructions

Thaw overnight in refrigerator 39 degrees F or below.

COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES: CONVECTION OVEN: 280 DEGREES F FOR 16-22 MINUTES
CCP: Internal temperature must reach 165 degree F.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	550.00mg
Carbohydrates	35.00g
Fiber	7.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 400.00IU	Vitamin C 1.20mg
Calcium 150.00mg	Iron 3.60mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33100
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CHARB 53-3Z ADV	1 Each		485649

Preparation Instructions

BAKE

Conventional oven: do not overlap. Conventional oven: frozen: 400 degrees f for 13-15 minutes. Defrosted: conventional oven: 400 degrees f for 7-10 minutes. Convection oven: convection oven: frozen: 375 degrees f for 11-14 minutes. Defrosted: 375 degrees f for 6-8 minutes.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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	240.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	50.00mg		
Sodium	470.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
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

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33101
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 53-3Z ADV	1 Each		697011

Preparation Instructions

GRILL

Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	390.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	1.00g
Protein	12.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 20.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Augratin Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33102
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 1/2 Ounce	This is the dry ingredient - unprepared.	118575

Preparation Instructions

BAKE

1: Add 5 quarts boiling water (212°F) for convection oven (4 12 quarts for conventional) and 4 ounces unsalted butter to a 2 12" deep full-size steamtable pan.

2: Stir in sauce mix until dissolved.

3: Add potato slices. Stir.

4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

[Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Serve using a number 8 spoodle, 1/2c.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	163.64		
Fat	1.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	368.18mg		
Carbohydrates	34.09g		
Fiber	1.36g		
Sugar	4.09g		
Protein	2.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.55mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33103
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96CT MAX	1 Each		563680

Preparation Instructions

OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375F. BAKE ON PARCHMENT LINED PAN 12 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F. CONVENTIONAL OVEN: BAKE AT 400F. BAKE ON PARCHMENT LINED PAN 12 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Each

Amount Per Serving

Calories	260.00
Fat	7.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	690.00mg
Carbohydrates	33.00g
Fiber	5.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	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

Country Fried Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33104
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CNTRY FRD 104-2.4Z ADV	1 Each		485573

Preparation Instructions

conventional oven: from the frozen state, bake at 400 degrees f in conventional oven for 13-15 minutes. Convection oven: from the frozen state, bake at 375 degrees f in convection oven for 11-14 minutes.

CCP: internal temperature must reach 165 degree F

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
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	220.00		
Fat	15.00g		
SaturatedFat	5.00g		
Trans Fat	0.50g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	9.00g		
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

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33105
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	1 Each		269816

Preparation Instructions

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 10-15 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	290.00
Fat	22.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	430.00mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33106
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	1 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Place hot dog in bun and wrap in paper towel. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place pan in steamer, close door, set timer and steam until done.	585815
WG 2oz Hot Dog Bun, 4040	1 Each	READY_TO_EAT	

Preparation Instructions

Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.

BOIL

Heat water to a rolling boil.

STEAM

Place hot dogs in slotted pan in steamer, close door, set timer and steam until internal temperatures reach 165 degree F.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.00mg	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

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33107
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG 2oz Hot Dog Bun, 4040	1 Each	READY_TO_EAT	
FRANKS BEEF KOSHER 8/ 4-5 HEB	1 Each		772020

Preparation Instructions

Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.

WATER METHOD (BOILING OR STEAMING)- COOK FROM REFRIGERATED STATE 5-6 MINUTES AT 300-350 DEGREES F, OR UNTIL internal temperature reaches 165 degree F.

PRODUCT MAY DISCOLOR IF LEFT IN WATER FOR EXTENDED PERIODS OF TIME.

STEAM

Place hot dogs in slotted pan in steamer, close door, set timer and steam until internal temperatures reach 165 degree F.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	30.00mg
Sodium	700.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33108
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI HOT DOG W/MT &BEAN 6-10 HRTHSTN	1/2 Cup		103063
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F.

CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F.

MICROWAVE-PLACE PREPARED PRODUCT INTO MICROWAVE SAFE COVERED CONTAINER. HEAT ON HIGH APPROXIMATELY 2-3 MINUTES PER PORTION OR UNTIL CENTER REACHES 160-165 DEGREES F.

STOVE TOP-PLACE UNCOVERED PREPARED PRODUCT OVER MEDIUM HEAT FOR 10-15 MINUTES OR UNTIL CENTER REACHES 160-165 DEGREES F, STIRRING OCCASIONALLY TO PREVENT SCORCHING.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Serve Chili Sauce in a steam pan and serve using a number 8 spoodle, 1/2 c. Serve shredded cheese - hold cold at 39 degree F or below - using a 1 oz ladle, or number 30 spoodle.

For each hot dog, serve chili sauce (1/2c.) on top of hot dog and top with cheese (1oz.)

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 0.50 Cup

Amount Per Serving

Calories	175.00
Fat	7.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	795.00mg
Carbohydrates	16.50g
Fiber	4.00g
Sugar	0.00g
Protein	9.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.50mg	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

Submarine Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33109
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Mini Sub Bun, 4339	1 Each	READY_TO_EAT	
MEAT COMBO PK SLCD 12-1 JENNO	2 Ounce		236012
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Ounce		678791
100018 ? Cheese, American, Processed, Sliced	1 Slice		

Preparation Instructions

Store meat and lettuce at 39 degree F or colder.

For each sandwich, place 4 slices (2 oz) of meat on the bottom piece of the bun, top with 1 slice of cheese, and add 1 oz of lettuce. Place top bun on top.

CCP: Hold cold at 39 degree F or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.356
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.060
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.88
Fat	17.10g
SaturatedFat	6.69g
Trans Fat	0.00g
Cholesterol	67.03mg
Sodium	998.06mg
Carbohydrates	36.92g
Fiber	1.12g
Sugar	5.12g
Protein	18.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.36mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33110
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Mini Sub Bun, 4339	1 Each	READY_TO_EAT	
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	READY_TO_EAT None	592714

Preparation Instructions

KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.

STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.

CCP: Internal temperature must reach 165 degree F

Add 4 meatballs to each bun.

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
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	349.00
Fat	11.75g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	711.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	8.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 169.50mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available