

# **Cookbook for Lakeland Intermediate School**

**Created by HPS Menu Planner**

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# Ham Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14304
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce		100187
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.5 oz. of ham on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	195.82		
<b>Fat</b>	5.60g		
<b>SaturatedFat</b>	2.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.89mg		
<b>Sodium</b>	615.41mg		
<b>Carbohydrates</b>	25.10g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.05g		
<b>Protein</b>	15.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14307
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 3/4 Ounce		100121
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	216.86		
<b>Fat</b>	4.96g		
<b>SaturatedFat</b>	1.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.43mg		
<b>Sodium</b>	605.25mg		
<b>Carbohydrates</b>	22.73g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baked Beans

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14318
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221
ONION DCD 1/4 2-5 RSS	1/4 Cup		198307
SUGAR BROWN MED 25 GCHC	1 1/2 Cup	UNSPECIFIED	108626
Black Pepper	1 Tablespoon	BAKE	24108

## Preparation Instructions

Mix all ingredients. Heat in convection oven 350 for 30 minutes.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	126.33		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	162.23mg		
<b>Carbohydrates</b>	24.34g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	9.24g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.15mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14347
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Shredded Cheddar Cheese	1 Ounce		100003
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330

## Preparation Instructions

Fajita chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

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

Assembly: place 8" tortilla on deli paper. Add 3 oz chicken, 1oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	337.65
<b>Fat</b>	15.53g
<b>SaturatedFat</b>	9.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.29mg
<b>Sodium</b>	954.71mg
<b>Carbohydrates</b>	22.76g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.76g
<b>Protein</b>	24.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.00mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter & Jelly Sandwich w/Cheese Stick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14864
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	2 1/4 Pound	Spread 1 T. Jelly on a Slice of Bread.	100927
PEANUT BUTTER CRMY 6-4 JIF	6 1/4 Pound	Spread 2 Tbsp. of Peanut Butter on other slice of bread.	241851
380 - Aunt Millie's WG Honey White Bread	100 Each	Place the 2 slices together.	380
CHEESE STRING MOZZ LT IW 168-1Z LOL	50 Each		786801

## Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	480.96
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	670.19mg
<b>Carbohydrates</b>	56.25g
<b>Fiber</b>	6.00g
<b>Sugar</b>	21.21g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 219.00mg	<b>Iron</b> 13.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16399

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036

## Preparation Instructions

Beef patty:

**BAKE**

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.00mg	<b>Iron</b>	2.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Bologna & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29516
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce		330493

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.75mg		
<b>Sodium</b>	722.50mg		
<b>Carbohydrates</b>	24.25g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.44mg	<b>Iron</b>	8.44mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bosco sticks and marinara sauce

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

## Ingredients

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

## Preparation Instructions

### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

### 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.

Serve 2 sticks with 1 marinara cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32627
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 Each	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each		184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	<p><b>BAKE</b></p> <p>Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes</p>	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036

## Preparation Instructions

Biscuit:

**BAKE**

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. \* LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES

ACCORDINGLY.

Egg patty:

BAKE

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

Sausage patty:

Bake

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

Assembly:

Cut biscuit in half, place cheese, egg and sausage on bottom. Place top of biscuit on sandwich.

Serve:

Wrap in foil sheet for grab and go, Serve bulk on serving lines.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	283.26		
<b>Fat</b>	14.93g		
<b>SaturatedFat</b>	6.52g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	132.10mg		
<b>Sodium</b>	598.14mg		
<b>Carbohydrates</b>	23.01g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.01g		
<b>Protein</b>	12.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.58mg	<b>Iron</b>	1.54mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32629
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320

## Preparation Instructions

Omelet:

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

Assembly:

Place 6" tortilla on foil sheet. place omelet patty on tortilla, fold tortilla in half. Wrap in foil sheet.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32969
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	2 Ounce		394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481

## Preparation Instructions

Serve: Place 2oz turkey coin (bagged), 1 pkg cheese cubes and 1pkg crackers in grab and go bag.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.216
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.79
<b>Fat</b>	11.41g
<b>SaturatedFat</b>	4.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.40mg
<b>Sodium</b>	677.87mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	21.77g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 214.00mg	<b>Iron</b> 0.92mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Teriyaki Chicken bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32982
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	<b>BAKE</b> PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon		895868
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## Preparation Instructions

Rice:

**BOIL**

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken:

**BAKE** PLACE ONE BAG ON SPRAYED BAKING SHEET

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

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 3.5oz chicken and sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.059
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	490.59		
<b>Fat</b>	7.12g		
<b>SaturatedFat</b>	2.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	76.18mg		
<b>Sodium</b>	1013.82mg		
<b>Carbohydrates</b>	80.06g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.06g		
<b>Protein</b>	27.53g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32984
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce		573201
PASTA SPAGHETTI CKD 4-5 PG	1/2 Cup		835910
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

Sauce:

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

Pasta:

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30  
SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.

Assembly: Combine pasta and sauce in steam table pan.

Serve: 6oz combined spaghetti and sauce with dinner roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	378.93
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.93mg
<b>Sodium</b>	433.21mg
<b>Carbohydrates</b>	43.14g
<b>Fiber</b>	4.14g
<b>Sugar</b>	10.50g
<b>Protein</b>	23.07g
<b>Vitamin A</b> 693.21IU	<b>Vitamin C</b> 20.36mg
<b>Calcium</b> 66.14mg	<b>Iron</b> 4.19mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32991
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	320.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	9.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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