

Cookbook for John Young Middle School

Created by HPS Menu Planner

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Cheeseburger on Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Cereal

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FROOT LOOPS R/S BWL 96- 1Z KELL	1 Each		283620
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.60
Fat	1.08g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.27mg
Carbohydrates	23.75g
Fiber	2.07g
Sugar	7.50g
Protein	1.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.27mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

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

Ingredients

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

Preparation Instructions

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

Note:

Fresh, Frozen or Canned Fruit can be used

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.91
Fat	4.62g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.55mg
Carbohydrates	74.70g
Fiber	6.00g
Sugar	45.63g
Protein	8.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.49mg	Iron 0.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.83		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.83mg		
Carbohydrates	16.56g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Mixed Vegetables

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.20mg		
Carbohydrates	15.82g		
Fiber	3.78g		
Sugar	5.04g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Broccoli

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.88mg		
Carbohydrates	7.26g		
Fiber	3.94g		
Sugar	1.31g		
Protein	3.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese Sauce

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	10 Pound		549292
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.033
Grain	0.000
Fruit	0.000
GreenVeg	0.656
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.46		
Fat	0.33g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	1.00mg		
Sodium	47.21mg		
Carbohydrates	6.73g		
Fiber	3.94g		
Sugar	1.31g		
Protein	4.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.57mg	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

Meatball Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE PIZZA W/BASL 6-10 REDPK	1/4 Cup		256013
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each		4040

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	414.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.60g
Cholesterol	51.00mg
Sodium	508.60mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	11.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 270.00mg	Iron 12.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog & Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each		4040

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	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	12.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	262.60mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	4.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 46.00mg	Iron 10.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Rollup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22178

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	640.00
Fat	18.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	3510.00mg
Carbohydrates	93.00g
Fiber	18.00g
Sugar	45.00g
Protein	31.00g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 468.00mg	Iron 9.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Ribbett & Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each		4040

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	340.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	672.60mg
Carbohydrates	41.00g
Fiber	5.00g
Sugar	14.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.00mg	Iron 11.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Egg and Cheese Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
2. Sprinkle cheese on lettuce.
3. Place sliced egg on the center of the lettuce.
4. Add a combination of listed vegetables below to equal 1/2 cup. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
6. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#152131 and GFS#152131)

Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	195.43
Fat	13.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	195.00mg
Sodium	250.00mg
Carbohydrates	4.59g
Fiber	1.04g
Sugar	2.54g
Protein	14.04g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 230.68mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Large Chicken Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	weight of product	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#152131 and GFS#661022)
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	255.43
Fat	14.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	315.00mg
Carbohydrates	5.59g
Fiber	1.04g
Sugar	2.54g
Protein	26.04g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 208.68mg	Iron 0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Large Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22215

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	3 Ounce	weight of product	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#152131 and GFS#661022)
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	195.19
Fat	11.99g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	69.87mg
Sodium	543.84mg
Carbohydrates	4.59g
Fiber	1.04g
Sugar	2.54g
Protein	17.01g
Vitamin A 749.70IU	Vitamin C 14.32mg
Calcium 208.68mg	Iron 4.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Large Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY BRST DCD 2-5	3 Ounce	weight of product	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#152131 and GFS#661022)
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	194.30
Fat	9.77g
SaturatedFat	6.38g
Trans Fat	0.00g
Cholesterol	60.61mg
Sodium	646.53mg
Carbohydrates	6.88g
Fiber	1.04g
Sugar	2.54g
Protein	21.05g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 208.68mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Bowl

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	19 Cup		676463
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	96 Each	Approximately 27 lbs of popcorn chicken	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	1/2 Gallon		802860
SPICE SESAME SEED HULLED 19Z TRDE	1/4 Cup		513806

Preparation Instructions

1. Prepare rice per directions on package.
2. Bake popcorn chicken to 150° F - 165° F, set aside
3. Heat Sauce to 150° F - 165° F
4. Combine the Popcorn Chicken & Orange Sauce.
- 5 CCP: Hold for hot service at 135° For higher.
6. Serve 3/4 cup of the chicken mixture over 1/2 cup rice, sprinkle with a few Sesame seeds.

Note: Use 12 oz Bowl. 12 popcorn chicken = 2 M/MA & 1 Grain

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: 38.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	176.66		
Fat	3.20g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	4.59mg		
Sodium	336.41mg		
Carbohydrates	34.71g		
Fiber	1.03g		
Sugar	24.04g		
Protein	3.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.43mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Pop-Tart

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	36.67g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BURRITO

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

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Choice

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	119.17		
Fat	3.83g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	6.67g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	0.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Bar

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Biscuit

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

Ingredients

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

Preparation Instructions

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

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

Biscuit:

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese English Muffin

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

Ingredients

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

Preparation Instructions

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Cheese Bagel

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

Ingredients

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

Preparation Instructions

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

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

Bagel: Keep Frozen Until Ready to Use.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Bean Casserole

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	84 3/10 Ounce	3 package	183910
Tap Water for Recipes	1 1/2 Gallon	Boiling Water	000001WTR
Salsa, Low-Sodium, Canned	1 #10 CAN		100330
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SALT IODIZED 18-2.25 GCHC	1/8 Cup		350732

Preparation Instructions

RECONSTITUTE

- 1: Pour 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: Add other ingredients to pan.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	202.42		
Fat	1.51g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2471.84mg		
Carbohydrates	35.44g		
Fiber	12.17g		
Sugar	2.07g		
Protein	10.10g		
Vitamin A	0.71IU	Vitamin C	1.00mg
Calcium	56.49mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Sliced Apples

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

Ingredients

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

Preparation Instructions

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

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

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

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

Serve immediately with 4 ounce spoodle or #8 scoop.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY 6-26.9Z	26 9/10 Ounce	RECONSTITUTE 1: Pour 1 2 gallon boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 40 minutes on steamtable. 4: Season if desired, stir, serve.	183900
Salsa, Low-Sodium, Canned	2 Cup	READY_TO_EAT	100330
Cheese, Mozzarella, Part Skim, Shredded	1 Cup		100021

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	429.50
Fat	4.09g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	976.60mg
Carbohydrates	69.05g
Fiber	25.01g
Sugar	6.38g
Protein	25.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.70mg	Iron 5.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Potatoes

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	3.515
Grain	3.005
Fruit	0.000
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	675.21
Fat	38.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1065.00mg
Carbohydrates	46.04g
Fiber	5.02g
Sugar	5.02g
Protein	36.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.34mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich*

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice		690041
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

Arrange turkey, ham , & cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	356.16		
Fat	12.70g		
SaturatedFat	3.56g		
Trans Fat	0.00g		
Cholesterol	72.80mg		
Sodium	795.14mg		
Carbohydrates	33.33g		
Fiber	2.00g		
Sugar	6.06g		
Protein	27.62g		
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

Peanut Butter Uncrustable

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cheese Crackers

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

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

Ingredients

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

Preparation Instructions

Chicken Patty: BAKE

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

Biscuit:

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Muffin

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Beans

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Spaghetti Sauce

Servings:	26.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	5 Pound	1 bag	581950
Salsa, Low-Sodium, Canned	1 #10 CAN		100330
SAUCE PIZZA W/BASL 6-10 REDPK	1 #10 CAN		256013
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon		413453
SEASONING GARLIC PEPR 21Z TRDE	3 Tablespoon		655252
SPICE OREGANO LEAF 5Z TRDE	2 Tablespoon		513733

Preparation Instructions

Note: Serve with pre-cooked noodles GFS #835900. 1 cup for Middle/High School and 3/4 cup for Elementary.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	245.79
Fat	8.62g
SaturatedFat	3.69g
Trans Fat	0.00g
Cholesterol	36.92mg
Sodium	1039.81mg
Carbohydrates	22.24g
Fiber	7.69g
Sugar	11.58g
Protein	17.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.62mg	Iron 4.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32567
School:	Hums Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound		722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package	Or use GFS#163020 (20 chips)	815803

Preparation Instructions

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

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat (#10 disher or 3/8 cup), 1 bag of tortilla scoops, 1/2 oz lettuce, 1 oz salsa, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	304.17
Fat	11.85g
SaturatedFat	2.82g
Trans Fat	0.29g
Cholesterol	34.32mg
Sodium	578.50mg
Carbohydrates	33.05g
Fiber	4.02g
Sugar	3.02g
Protein	15.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.47mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
TURKEY HAM UNCURED 6-2 JENNO	1 Slice		690041
PEPPERONI SLCD 14-16/Z 2-5 GCHC	2 Ounce	30 each	729981
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532

Preparation Instructions

1. Layer in the following order ham, pepperoni, cheese (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to and maintain 41° F or lower

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	553.72
Fat	36.32g
SaturatedFat	14.52g
Trans Fat	0.00g
Cholesterol	89.27mg
Sodium	1635.38mg
Carbohydrates	54.78g
Fiber	4.00g
Sugar	4.52g
Protein	26.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 155.00mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33194

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Can also use Pepper Jack (GFS#777587) or Provolone (GFS#726532)	150260

Preparation Instructions

1. Layer in the following order turkey and cheese (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to and maintain 41° F or lower

Note: If using Pepper Jack or Provolone Meat/Meat Alternative is 2.75 per sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	335.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	875.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Can also use Pepper Jack (GFS#777587) or Provolone (GFS#726532)	150260

Preparation Instructions

1. Layer in the following order ham and cheese (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to and maintain 41° F or lower

Note: If using Pepper Jack or Provolone Meat/Meat Alternative is 2.75 per sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	355.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	865.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	6.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Large Italian Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
PEPPERONI SLCD 14-16/Z 2-5 GCHC	10 Each		729981
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
PEPPERS BAN RING MILD 4-1GAL GCHC	5 Each		466220

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add pepperoni and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing and 2 ounce grain equivalent (GFS#269200 or GFS#230952)
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	340.43
Fat	27.38g
SaturatedFat	15.38g
Trans Fat	0.00g
Cholesterol	78.75mg
Sodium	938.13mg
Carbohydrates	14.71g
Fiber	1.54g
Sugar	2.54g
Protein	18.79g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 417.68mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Memphis Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33253
School:	Hums Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 Ounce	Weight of product	675222
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon		212071
ENTREE MACAR & CHS WGRAIN ELB 6-5	3 Ounce	weight of product OR 1/3 cup or #12 Disher	609131
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	1 Each	2.50 Grain Equivalents	576272

Preparation Instructions

Cook ingredients according to directions.

In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork then BBQ sauce. Serve with the biscuit on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Bowl

Amount Per Serving

Calories	572.30
Fat	27.60g
SaturatedFat	13.81g
Trans Fat	0.00g
Cholesterol	74.20mg
Sodium	1253.70mg
Carbohydrates	55.30g
Fiber	3.00g
Sugar	16.90g
Protein	24.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.50mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available