

Cookbook for Bremen Senior High School

Created by HPS Menu Planner

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Toast with Butter

Servings:	32.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	32 Slice	16 slices per loaf	6369
MARGARINE SLD 30-1 GCHC	1 Pound	Melt	733061

Preparation Instructions

1. Line large baking tray with paper liners and lay out 24 slices of bread.
2. Melt margarine in microwave and then brush melted margarine over the tops of each slice.
3. Bake at 325 degrees for 3 minutes.
4. Place cooked tray in serving room warmer.

Note: Usually do 3 trays of 24 for breakfast.

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: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.40mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171
APPLE DELIC GLDN 125-138CT MRKN	1 Piece		597481

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.550
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	60.14
Fat	0.17g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.50mg
Carbohydrates	15.30g
Fiber	1.99g
Sugar	9.00g
Protein	0.61g
Vitamin A 70.33IU	Vitamin C 15.96mg
Calcium 15.42mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.27mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Variety

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	12 Each	Ready to eat single serving	885750
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	12 Each	Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	12 Each	Ready to eat single serving	186911

Preparation Instructions

Put 24 yogurts in a 48 pan. Put pan in serving room cooler or in serving room cold case.

Note: Each case comes with 48 single servings of yogurt cups

Critical Limits: Receiving: All PHFs must be at 41 F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard.

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: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	77.50
Fat	0.38g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	62.50mg
Carbohydrates	14.75g
Fiber	0.00g
Sugar	9.25g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Cereal Variety

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11145

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
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 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 FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
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 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 GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.12		
Fat	1.25g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.92mg		
Carbohydrates	23.60g		
Fiber	1.98g		
Sugar	7.20g		
Protein	2.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.52mg	Iron	2.97mg

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar Variety

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal barsReady to eat cereal bars	265931

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	160.00
Fat	3.50g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	29.80g
Fiber	3.00g
Sugar	8.80g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 248.00mg	Iron 2.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Poptart Variety- 2 Count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11147

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
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	353.33
Fat	5.67g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	76.67mg
Sodium	286.67mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	29.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 3.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Poptart Variety

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11148

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	177.50
Fat	2.75g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.75mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 115.00mg	Iron 1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Oatmeal

Servings:	17.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11149
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Pound		284386
Tap Water for Recipes	16 Cup		000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup		108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

Preparation Instructions

1. In a large sauce pan, heat water, brown sugar, & vanilla until boiling.
2. Add the oatmeal slowly, stirring constantly with a large spatula so it won't lump.
3. Return to a boil, reduce heat & simmer for 1min. Stirring constantly.
4. Pour into a well sprayed 48 metal pan and put pan on the hot serving line.

Critical Limits: Cooking: All other foods including ready to eat and original unopened packaged heat to 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours, Hot Holding: All foods should be held at 140 F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Food products made from ingredients at room temperature must be cooled to 41F within 4 hours. Corrective Action: Reheat to 165F and cool property, serve or discard.

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: 17.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.79		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	49.60g		
Fiber	4.00g		
Sugar	22.59g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11152
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	Use GFS#285620 if commodity not available	100348
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

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: 55.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	79.00		
Fat	1.60g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	134.88mg		
Carbohydrates	17.75g		
Fiber	2.00g		
Sugar	4.75g		
Protein	2.00g		
Vitamin A	40.91IU	Vitamin C	0.00mg
Calcium	0.10mg	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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11153
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	48 Each		380
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	48 Slice	READY_TO_EAT	100036
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

No Preparation Instructions available.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	326.67
Fat	14.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	673.33mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	7.00g
Protein	12.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 4.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	300.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11154
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	20 #5 CAN		101427
Tap Water for Recipes	20 #5 CAN		000001WTR
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
SPICE CELERY SALT 32Z TRDE	2 2/3 Tablespoon	2 Tablespoons +2 teaspoons	231517
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon		518322

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	89.94		
Fat	0.39g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	489.21mg		
Carbohydrates	19.26g		
Fiber	0.95g		
Sugar	11.68g		
Protein	1.89g		
Vitamin A	26.40IU	Vitamin C	0.00mg
Calcium	18.94mg	Iron	0.68mg

*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:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11156
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN		822477
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/3 #10 CAN		100129
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	137.09		
Fat	0.39g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.19mg		
Carbohydrates	29.59g		
Fiber	3.91g		
Sugar	13.17g		
Protein	5.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.73mg	Iron	1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brussels Sprouts

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11158
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound		426288
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	2 1/2 Tablespoon		565148
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SALT IODIZED 25 CARG	1/2 Teaspoon		108286

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.87
Fat	0.53g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	76.05mg
Carbohydrates	11.28g
Fiber	4.27g
Sugar	0.00g
Protein	4.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.43mg	Iron 1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11161
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli fzn	30 Pound		110282comm
SAUCE MIX CHS INST 16-16Z GCHC	2 Package	For every 1 pouch of cheese sauce mix you need a Total of 2 Quarts or 1 Gallon Boiling Water	578061
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

Place 10 pounds of broccoli into each three 4B perforated steam table pan and then place in 4B metal pan. Cover and store in cooler until time to cook.

Boil water for cheese sauce . Once water is boiled remove from heat and mix cheese sauce and water. Keep cheese sauce warm.

Place perforated steam table pan in steamer for about 15 to 20 minutes or until vegetable temp at 141 degrees for 15 seconds. DO NOT OVERCOOK!

Pour steamed broccoli into sprayed 4B metal pans and mix with 1/3 (5 and 1/3 cups) of the cheese sauce. Stir lightly (mixing broccoli and cheese sauce together). DO NOT OVER MIX!

Cover with plastic wrap and place in warmers in serving rooms.

Serve with 4 fluid ounce spoodle/ladle.

Note: Do not overcook or over stir vegetables. This may be cooked in combi.

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.09
Fat	1.08g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	246.80mg
Carbohydrates	8.26g
Fiber	2.05g
Sugar	1.76g
Protein	2.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.72mg	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

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11169
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738
MARGARINE SLD 30-1 GFS	1/8 Pound		113271
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

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.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.88		
Fat	0.86g		
SaturatedFat	0.01g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	331.80mg		
Carbohydrates	14.08g		
Fiber	0.83g		
Sugar	0.00g		
Protein	1.66g		
Vitamin A	1.63IU	Vitamin C	0.00mg
Calcium	8.28mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

Servings:	46.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11173
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN		118915
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626

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	0.562
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	87.22		
Fat	0.72g		
SaturatedFat	0.13g		
Trans Fat	0.20g		
Cholesterol	0.00mg		
Sodium	443.28mg		
Carbohydrates	19.27g		
Fiber	1.12g		
Sugar	14.77g		
Protein	0.00g		
Vitamin A	32.61IU	Vitamin C	0.00mg
Calcium	42.14mg	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 & Noodles

Servings:	94.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL KLUSKI 1/8 2-5 GCHC	5 Pound		270385
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CELERY SALT 32Z TRDE	1 Tablespoon		231517
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045
BASE CHIX RSTD 25 GCHC	1 1/2 Cup		160830
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
Chicken, diced, cooked, frozen	12 3/4 Pound		100101

Preparation Instructions

1 serving= 1 dessert grain

Meal Components (SLE)

Amount Per Serving

Meat	2.170
Grain	0.851
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	185.24		
Fat	3.62g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	64.72mg		
Sodium	835.78mg		
Carbohydrates	18.30g		
Fiber	0.91g		
Sugar	1.66g		
Protein	17.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.47mg	Iron	0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GFS	3 Tablespoon		113271
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon		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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.71		
Fat	0.55g		
SaturatedFat	0.10g		
Trans Fat	0.15g		
Cholesterol	0.00mg		
Sodium	306.40mg		
Carbohydrates	3.88g		
Fiber	2.59g		
Sugar	1.29g		
Protein	1.29g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	0.41mg	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

Taco Meat

Servings:	500.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11208
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN	READY_TO_EAT	100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	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
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725

Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	185.22		
Fat	8.90g		
SaturatedFat	2.97g		
Trans Fat	1.43g		
Cholesterol	0.00mg		
Sodium	236.32mg		
Carbohydrates	13.02g		
Fiber	3.95g		
Sugar	3.79g		
Protein	12.80g		
Vitamin A	232.94IU	Vitamin C	1.69mg
Calcium	16.59mg	Iron	1.34mg

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

Nutrition - Per 100g

Calories	217.78		
Fat	10.47g		
SaturatedFat	3.49g		
Trans Fat	1.68g		
Cholesterol	0.00mg		
Sodium	277.87mg		
Carbohydrates	15.30g		
Fiber	4.65g		
Sugar	4.45g		
Protein	15.04g		
Vitamin A	273.89IU	Vitamin C	1.99mg
Calcium	19.50mg	Iron	1.58mg

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

PBJ Option

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11248
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each		786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.50g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

*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:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11249
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup		150250
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR

Preparation Instructions

Wipe off tops of can with a wet rag. Empty 1 can into a sprayed 4B metal pan, mix in 1 Qt of water and 2 Cups of Shredded cheddar cheese and mix really good. Cook in steamer for 30 minutes, until internal temp reaches 165 deg or higher for 15 seconds. Cover with plastic wrap and place in warmers in each serving room.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	187.55
Fat	5.16g
SaturatedFat	2.54g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	634.55mg
Carbohydrates	25.12g
Fiber	6.47g
Sugar	1.08g
Protein	10.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.83mg	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

Sausage Cheese Biscuit

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19920
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 Ounce		100036
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

Biscuits:

1. Line large baking trays with paper liners, lay out 24 biscuits per tray leaving 2" between each biscuit.
2. Place on large rolling rack until it's time to bake.
3. Bake at 325 for 12 min or until nice and brown.
4. Place cooked trays on rolling rack to cool.

Sausage Patty:

1. Line large baking trays with paper liners, lay out 24 sausage patties per tray.
2. Place on rolling rack until it's time to bake.
3. Bake at 325 degrees for 8-10 min or until internal temp reaches 165 degrees or higher for 15 sec.

Assemble sandwich:

1. Cut cooled biscuits in half, place 1 sausage patty and 1 slice of cheese in between biscuits.
2. Place on a baking tray with paper liner and place into room warmer until it's time to serve.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds. Reheating: Reheat foods to 165F within 2 hours. Corrective Action: Discard if not reheated within 2 hours.

Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F within 4 hours. Corrective Action: Reheat to 165 d. F and cool properly, serve or discard.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	730.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Iced Donut with Sprinkles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20060

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon		155722
SPRINKLES RAINBOW 4-4 GCHC	1 Teaspoon		283660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	375.00
Fat	18.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	50.00g
Fiber	2.00g
Sugar	24.50g
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

Egg & Cheese Bagel

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22040
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	24 Each		240080
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	24 Each		230264

Preparation Instructions

1. Lay out omelet on baking paper on cookie sheet. Put 24 omelets on tray.
2. Bake at 325 degrees for 10 minutes, Omelet should temp to at least 165 degrees for 15 seconds
3. Put bagels in microwave until semi-soft.
4. Cut bagels open and put omelet inside.
5. Put trays in warmer in serving room.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds, Reheating: Reheat foods to 165F within 2 hours. Corrective Action: discard if not reheated within 2 hours. Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F. within 4 hours. Corrective Action: Reheat to 165F and cool properly, serve or discard,

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	480.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	5.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	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

Strawberry or Grape Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22041
School:	Bremen Elementary/Middle School		

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

Chicken Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29365
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1/2 Tablespoon	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390

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 Fluid Ounce

Amount Per Serving

Calories	12.50		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	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 Apples

Servings:	120.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	3 #10 CAN		100206
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN		117773
MARGARINE SLD 30-1 GCHC	4 Ounce		733061
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731
SUGAR BEET GRANUL 50 GCHC	2 Cup		224413
STARCH CORN 24-1 ARGO	1/2 Cup		108413

Preparation Instructions

Wipe off the tops of canned apples with a wet rag, open and drain all apples. Spray 4B metal pans with coating spray, place 3 cans of apples per pan. Add remaining ingredients and stir. Cover and place in cooler until its time to bake.

Bake at 350 deg for 30-45 min or until internal temp reaches 165 deg or higher for 15 seconds. Cover with metal lid and place in room warmers until it's time to be served.

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.33		
Fat	0.73g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.27mg		
Carbohydrates	19.19g		
Fiber	2.59g		
Sugar	14.84g		
Protein	0.00g		
Vitamin A	50.00IU	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

Spanish Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29620
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	1/6 Cup		834850

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: 0.50 Cup

Amount Per Serving	
Calories	103.03
Fat	0.26g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	262.73mg
Carbohydrates	22.67g
Fiber	0.52g
Sugar	1.55g
Protein	2.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.58mg	Iron 1.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29622
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1/2 Tablespoon	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390

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: 2.00 Tablespoon

Amount Per Serving

Calories	12.50		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	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

Ham or Turkey Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32323
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham or Turkey	3/8 Cup	1.5 oz. weight USDA ham= 3/8 cup (#10 scoop) OR 2.25 oz. weight USDA turkey = 3/8 cup turkey (#10 scoop) Make sure you have plenty of turkey or ham pulled for the following days ahead. Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw. If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall.	
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	1 oz. weight Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.	100012
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CUCUMBER SELECT 24CT MRKN	1/8 Cup	2 slices	418439
TOMATO CHERRY 10 MRKN	2 Each		169275
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	Place in salad container.	661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	Place in salad container. Other grain options: -1 slice bread & butter -1 dinner roll -1 whole grain muffin - Cheez-its (GFS 282422) *Always place 2 oz. eq. of grain in salad container.	736280

Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and goldfish (or other grain). *Salad must include 2 oz. eq. grain

items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned (cucumbers, tomatoes, cheese, and lettuce.)

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	428.22
Fat	15.57g
SaturatedFat	5.84g
Trans Fat	0.00g
Cholesterol	51.29mg
Sodium	1021.52mg
Carbohydrates	49.23g
Fiber	5.04g
Sugar	11.75g
Protein	25.60g
Vitamin A 7.10IU	Vitamin C 0.19mg
Calcium 75.08mg	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

White Pepper Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33549
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	24 Ounce		701450

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL 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	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	47.84		
Fat	2.13g		
SaturatedFat	1.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.79mg		
Carbohydrates	6.38g		
Fiber	0.00g		
Sugar	1.06g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.51mg	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 Baked Cookie

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33553
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY DBL CHOC BENEFIT R/F 384-1Z	1 Each		230113
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011
DOUGH CKY SGR BENEFIT R/F 384-1Z	1 Each		230031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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	103.15		
Fat	3.10g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	98.65mg		
Carbohydrates	18.50g		
Fiber	1.98g		
Sugar	9.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	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

Mini Pancakes

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33629
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	<p>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.</p>	269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 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. CONVECTION OVEN*: 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. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	<p>HEAT_AND_SERVE Thaw product night before</p>	284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	<p>READY_TO_EAT</p> <p>Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.</p>	269230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	214.00		
Fat	6.20g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	250.00mg		
Carbohydrates	36.80g		
Fiber	3.20g		
Sugar	11.80g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.04mg

*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:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33630
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	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.	269260
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	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.	269240
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	196.67
Fat	5.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.33g
Fiber	3.33g
Sugar	11.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.33mg	Iron 1.93mg

*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-33757
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	348.00		
Fat	14.50g		
SaturatedFat	5.10g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	599.00mg		
Carbohydrates	3.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	23.00g		
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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33758
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

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	430.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	17.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

Pork Ribby Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB BBQ HNY SMKY GRLLD 100CTPIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat on a pan for 11 minutes.Microwave: frozen product: microwave on high for 2 minutes.	451660
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

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	370.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	12.00g
Fiber	3.00g
Sugar	13.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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
