

Cookbook for Graves County Middle School

Created by HPS Menu Planner

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Lettuce/Tomato Cup- Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8271
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR 5 x 6, 2 Layer Tray 20 LB CS- Graves County Schools	1 Slice	READY_TO_EAT	16063

Preparation Instructions

Ready to eat.

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.00		
Fat	0.25g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.94mg		
Carbohydrates	1.17g		
Fiber	0.27g		
Sugar	0.67g		
Protein	0.15g		
Vitamin A	1189.50IU	Vitamin C	3.17mg
Calcium	5.88mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8279
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16W37
Cauliflower FR 9-12 CT- Graves County Schools	1/8 Cup	READY_TO_EAT	16W41
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	18K64
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15N66
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18B19
CHIX BRST STRP FC LRG 2-5 GCHC	1 Ounce	Ready To Eat	219011
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce	Ready To Eat	191043
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26
BACON CKD THN SLCD 3-100CT GFS	2 Slice		874124
BREADSTICK WGRAIN 1.31Z 10-20CT	2 Each		152211

Preparation Instructions

Salad Container- 108301

Place romaine and spinach in the bottom of the salad container.

Place items in the order listed below from left to right on top of the lettuce.

Cheese, Broccoli, Cauliflower, Bacon, Tomatoes, Green Peppers, Chicken, Cucumbers, Carrots

Breadstick- THAW & SERVE FOR 1-2 HOURS. HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

Bacon- HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP
BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPNESS

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.130
RedVeg	0.520
OtherVeg	0.390
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	397.57
Fat	11.24g
SaturatedFat	4.36g
Trans Fat	0.02g
Cholesterol	46.67mg
Sodium	726.77mg
Carbohydrates	48.00g
Fiber	8.41g
Sugar	7.53g
Protein	22.41g
Vitamin A 10184.75IU	Vitamin C 50.96mg
Calcium 192.63mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crackers w/Cobb Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8544
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each		536091

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving	
Calories	160.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	0.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Pickles

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8545
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	3 Slice	Ready to serve.	557846

Preparation Instructions

Ready to serve.

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.44
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	288.60mg
Carbohydrates	1.11g
Fiber	0.00g
Sugar	0.00g
Protein	0.44g

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

Calcium 12.21mg **Iron** 0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Onion

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8546
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions Dry YEL DRY 5 LB BG- Graves County Schools	1 ring	READY_TO_EAT	15N62

Preparation Instructions

Ready to eat.

CCP: Store at 50°F - 70°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	24.00		
Fat	0.06g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	5.60g		
Fiber	1.00g		
Sugar	2.54g		
Protein	0.66g		
Vitamin A	1.00IU	Vitamin C	4.40mg
Calcium	14.00mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Mustard Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8547
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY MSTRD FF PKT60-1.5Z MARZ	1 Each	Ready to serve.	589349

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	11.00g		
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

Italian Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8548
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT 60-1.5Z MARZ	1 Each	Ready to use	549584

Preparation Instructions

Ready to use.

CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	15.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	350.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	3.00g
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

Ranch Dressing- LG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8549
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT 60-1.5Z MARZ	1 Each	Ready to serve.	582816

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	490.00mg
Carbohydrates	9.00g
Fiber	1.00g
Sugar	3.00g
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

Yogurt w/Honey Oat Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8550
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each	OPEN AND EAT	200612
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	READY TO SERVE	770960

Preparation Instructions

OPEN AND EAT

CCP: Hold at 50°F -70°F

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

Amount Per Serving

Calories	190.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	15.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crinkle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8551
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C 6-5 KE	1/2 Cup	Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.	418450

Preparation Instructions

Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	173.33
Fat	5.33g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	29.33g
Fiber	2.67g
Sugar	1.33g
Protein	2.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.67mg	Iron 0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Dog

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9630
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	Ready to Eat	517830
FRANKS BEEF 8/ 2-5 GFS	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	417350

Preparation Instructions

Hot Dog-

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Chili-

From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees

Hamburger Bun-

Ready to Eat.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.690
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

Amount Per Serving

Calories	322.14		
Fat	18.72g		
SaturatedFat	6.58g		
Trans Fat	0.50g		
Cholesterol	45.63mg		
Sodium	713.90mg		
Carbohydrates	25.15g		
Fiber	4.37g		
Sugar	4.72g		
Protein	14.46g		
Vitamin A	429.50IU	Vitamin C	6.52mg
Calcium	46.39mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chips & Dip

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27801
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS JALAP DIP CUP 140-3Z LOL	2 Each	Ready-To-Eat	526160
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

Ready-To-Eat

CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Serving

Amount Per Serving

Calories	609.30
Fat	27.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1470.50mg
Carbohydrates	59.00g
Fiber	3.00g
Sugar	23.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 694.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28693
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P55
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Ready-To-Eat

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	85.00		
Fat	6.03g		
SaturatedFat	1.01g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	167.00mg		
Carbohydrates	5.48g		
Fiber	0.30g		
Sugar	3.21g		
Protein	0.11g		
Vitamin A	72.00IU	Vitamin C	0.50mg
Calcium	26.00mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Test Recipe Rate Limit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32073
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3x7 BBQ Chicken Whole Grain Flatbread, Bulk	1 Gram		120427

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.15		
Fat	0.09g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	3.54mg		
Carbohydrates	0.22g		
Fiber	0.01g		
Sugar	0.00g**		
Protein	0.13g		
Vitamin A	1.64IU	Vitamin C	0.00mg
Calcium	2.31mg	Iron	0.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Rate Limit Test

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2.0 oz breaded fully cooked chicken fillet	1 Piece	BAKE Convention OCon 20 min @350 CConvection oven 14 @ 350	792426

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.00
Fat	0.04g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.30mg
Sodium	2.30mg
Carbohydrates	0.06g
Fiber	0.01g
Sugar	0.00g
Protein	0.10g

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

Calcium 0.00mg **Iron** 0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rate Limit Test 2

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32081
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2.0 oz breaded fully cooked chicken fillet	1 Piece	BAKE Convention OGen 20 min @350 CConvection oven 14 @ 350	792426

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.00		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	2.30mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sticks w/Mariana Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32917
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	363.90
Fat	12.20g
SaturatedFat	3.70g
Trans Fat	0.03g
Cholesterol	15.00mg
Sodium	799.70mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	8.00g
Protein	20.50g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 2.47mg

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

Nutrition - Per 100g

No 100g Conversion Available