

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

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Chicken Sandwich

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Chicken patty:

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

Assembly: Place chicken patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	535.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16078
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

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	410.00
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J w/ Seeds- Jr-Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16073
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
USDA Commodity Smooth Peanut Butter	2 Tablespoon	100396
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	504180

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	600.00
Fat	33.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	495.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	21.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	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, Fruit, & Flatbread Platter

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16072
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
PAN COAT SPRAY 6-17Z KE	1 Each	112828
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR 6-4 YOPL	3/4 Cup	811500
Variety of Fresh Fruits	1/2 cup	

Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, cheese stick and fruit together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.239
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	485.21
Fat	6.22g
SaturatedFat	1.46g
Trans Fat	0.06g
Cholesterol	0.00mg
Sodium	423.05mg
Carbohydrates	92.70g
Fiber	5.70g
Sugar	53.63g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 229.80mg	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

Ham Chef Salad- Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16066
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce	192198
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Ham, Cubed Frozen	2 Ounce	100188-H
Shredded Cheddar Cheese	1/2 Ounce	100003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	0.692
RedVeg	0.250
OtherVeg	0.692
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.09
Fat	11.91g
SaturatedFat	5.16g
Trans Fat	0.00g
Cholesterol	106.17mg
Sodium	797.58mg
Carbohydrates	28.90g
Fiber	3.32g
Sugar	7.99g
Protein	20.36g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 66.80mg	Iron 3.45mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33209
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	2 Ounce	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.627
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	206.83
Fat	1.64g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	167.16mg
Carbohydrates	44.54g
Fiber	2.07g
Sugar	26.44g
Protein	5.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.66mg	Iron 0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	44.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16142
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 Pound	100101
CHEESE CREAM LOAF 10-3 GCHC	3 Pound	163562
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	3 Cup	282944
DRESSING RNCH LT 4-1GAL LTHSE	3 Cup	861850
Cheese, Mozzarella, Part Skim, Shredded	6 Cup	100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	6 Cup	100012
CHIP TORTL WHT TRI 5-1.5 KE	88 Ounce	163010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.182
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: 44.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	555.64
Fat	30.27g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	77.45mg
Sodium	1125.19mg
Carbohydrates	44.55g
Fiber	4.00g
Sugar	2.18g
Protein	19.82g
Vitamin A 981.92IU	Vitamin C 0.00mg
Calcium 106.73mg	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

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33780
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.600
Grain	2.250
Fruit	0.000
GreenVeg	0.060
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	494.02
Fat	23.70g
SaturatedFat	9.74g
Trans Fat	0.00g
Cholesterol	106.91mg
Sodium	1600.29mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	2.00g
Protein	36.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.89mg

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Nutrition - Per 100g

No 100g Conversion Available

Fajita Philly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32988
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117
PEPPERS STRIPS BLND 6-5 GCHC	2 Ounce	261548
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Fajita Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

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

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.471
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	379.71		
Fat	12.44g		
SaturatedFat	6.97g		
Trans Fat	0.00g		
Cholesterol	79.41mg		
Sodium	832.25mg		
Carbohydrates	42.14g		
Fiber	2.00g		
Sugar	11.80g		
Protein	24.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	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

Bosco sticks and marinara sauce

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

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Thawing Instructions

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

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Grande

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33190
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	2 Ounce	163010
TACO FILLING BEEF R/SOD 6-5 JTM	3 Ounce	175983
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081

Preparation Instructions

Taco filling:

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

Cheese sauce:

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

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	456.61
Fat	21.14g
SaturatedFat	6.52g
Trans Fat	0.00g
Cholesterol	69.63mg
Sodium	744.09mg
Carbohydrates	41.31g
Fiber	5.11g
Sugar	0.55g
Protein	23.34g
Vitamin A 670.38IU	Vitamin C 0.00mg
Calcium 209.81mg	Iron 2.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tangerine Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33193
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	6 Ounce	791710
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

Preparation Instructions

Rice:

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

Chicken:

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Serve: 1/2 cup rice and 6oz chicken in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	3.077
Grain	2.769
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	632.31		
Fat	9.15g		
SaturatedFat	1.54g		
Trans Fat	0.00g		
Cholesterol	69.23mg		
Sodium	584.62mg		
Carbohydrates	110.46g		
Fiber	5.08g		
Sugar	20.00g		
Protein	29.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	4.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti

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

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce	573201
PASTA SPAGHETTI CKD 4-5 PG	1/2 Cup	835910
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	751701

Preparation Instructions

Sauce:

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

Pasta:

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

Assembly: Combine pasta and sauce in steam table pan.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
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	378.93
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	433.21mg
Carbohydrates	43.14g
Fiber	4.14g
Sugar	10.50g
Protein	23.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 66.14mg	Iron 4.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33571
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
Egg Patty	1 Each	110931
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340

Preparation Instructions

No Preparation Instructions available.

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	375.00
Fat	19.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	167.50mg
Sodium	785.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Arroz con Pollo- Jr./Sr. High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16484
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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 Serving

Amount Per Serving	
Calories	569.25
Fat	16.13g
SaturatedFat	7.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	971.21mg
Carbohydrates	74.76g
Fiber	2.10g
Sugar	1.76g
Protein	30.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	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 Fritter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16320
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	18.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	510.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	5.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16400

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	4 1/2 Pound	455555
SAUSAGE PURE PORK BULK TUBE 2-5 GFS	5 Pound	456411

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: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.19		
Fat	6.54g		
SaturatedFat	2.28g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	108.58mg		
Carbohydrates	6.69g		
Fiber	0.00g		
Sugar	0.25g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.11mg	Iron	0.09mg

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

Ingredients

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

Preparation Instructions

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

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

Chick-cone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34432
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CONE WAFF CLSC 12-19CT JOY	1 Each	646062
FRIES 1/4 SS XLNG 6-4.5 MCC	3 Ounce	200611
CHIX TNRD WGRAIN FC 4-8 TYS	4 Piece	283951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
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	526.67		
Fat	24.00g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	575.00mg		
Carbohydrates	56.33g		
Fiber	6.00g		
Sugar	6.33g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	Iron	3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33818
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
BACON TKY CKD 12-50CT JENNO	1 Ounce	834770

Preparation Instructions

Beef patty:

BAKE

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

Assembly:

place 1 hamburger patty. 1 slice bacon, and 1 slice American cheese on hamburger 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	505.00		
Fat	26.50g		
SaturatedFat	9.80g		
Trans Fat	0.80g		
Cholesterol	99.00mg		
Sodium	1266.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	34.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Drumstick w/ Mac n' Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33187
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	4 Ounce	609121
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	1 Piece	838181
DOUGH BISC STHRN STYL 216-2.25Z RICH	1 Each	133493

Preparation Instructions

Drumstick:

BAKE

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

From Frozen: 23-27 minutes at 350°F.

From Thawed: 18-22 minutes at 350°F.

For best results:

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release.
3. Cover with foil during the first 12 minutes of cooking, then remove.
4. Heat for 18 - 23 minutes.

Mac n Cheese:

Prepare from frozen state.

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Biscuit:

PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F - 10 TO 15 MINUTES. , BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Serve: 4oz scoop of macaroni, 1 drumstick, 1 biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	3.833
Grain	2.917
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	572.67
Fat	28.00g
SaturatedFat	13.80g
Trans Fat	0.00g
Cholesterol	120.67mg
Sodium	1680.00mg
Carbohydrates	46.33g
Fiber	2.33g
Sugar	4.00g
Protein	30.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.00mg	Iron 3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16322
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
SAUCE BOOM BOOM 4-1GAL KENS	2 Tablespoon	877930
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	501851

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 Bowl

Amount Per Serving			
Calories	690.00		
Fat	29.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	650.00mg		
Carbohydrates	87.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32986
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce	491074
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	406321

Preparation Instructions

Fajita chicken:

BAKE

PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

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

Pasta:

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

Bread stick:

Thaw at room temperature, ideally for 24 hours. Ready to serve once thawed. Can be heated in a warm oven.

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 Serving

Amount Per Serving

Calories	431.76
Fat	15.35g
SaturatedFat	7.98g
Trans Fat	0.00g
Cholesterol	82.53mg
Sodium	1591.47mg
Carbohydrates	45.18g
Fiber	3.00g
Sugar	11.18g
Protein	29.59g
Vitamin A 473.00IU	Vitamin C 1.00mg
Calcium 428.00mg	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

Breakfast Sandwich

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

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 Each	237390
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

Biscuit:

BAKE

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

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

Egg patty:

BAKE

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

Sausage patty:

Bake

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

Assembly:

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

Serve:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 144.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32989
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
COMMODITY PULLED PORK BBQ IN TRADITIONAL SAUCE	3 Ounce	122315
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each	152131
Baked Beans	1/2 Serving	R-14318

Preparation Instructions

Pork:
Reheat in oven at 350 degrees F for 30 minutes in foil pan until internal temperature reaches 160 degrees F.

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

Baked Beans: See R-14318

Assembly: Place 1/2 cup mashed potatoes, 3oz pulled pork, and 2oz baked beans in 12oz cup.
Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1253.16
Fat	47.00g
SaturatedFat	14.00g
Trans Fat	0.00g
Cholesterol	210.00mg
Sodium	2811.12mg
Carbohydrates	130.17g
Fiber	12.50g
Sugar	58.62g
Protein	79.50g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 50.07mg	Iron 4.26mg

*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