

Cookbook for WE

Created by HPS Menu Planner

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Whole Grain Cereal Assortment

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	7 Each		365790
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	7 Package		265811
CEREAL APPLCINN WGRAIN BWL 96CT GENM	6 Each		266052
CEREAL COCOA PUFFS WGRAIN R/S 96CT	6 Each		270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	6 Each		283620
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	6 Package		265782
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	6 Each		283611
CEREAL KIX BWL 96CT GENM	6 Each		600407

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.95		
Fat	1.26g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.91mg		
Carbohydrates	22.38g		
Fiber	1.91g		
Sugar	7.14g		
Protein	1.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.45mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Cup

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	10 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	10 Each		551760
YOGURT VAR PK L/F 48-4Z YOPL	10 Each		551751
YOGURT RASPB RNBW L/F 48-4Z TRIX	10 Each		551770
YOGURT VAR PK L/F RASPB/PCH 48-4Z	10 Each		551741

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	88.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.00mg
Carbohydrates	17.40g
Fiber	0.00g
Sugar	11.00g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

juice

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	10 Each		698744
JUICE BOX ORNG TANGR 100 40-4.23FLZ	5 Each		698251
JUICE STRAWB KIWI 100 40-4.23FLZ	5 Each		214534
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	5 Each		214513
JUICE CRAN RASPB 100 40-4.23FLZ	5 Each		214524
JUICE BOX FRT PNCH 100 40-4.23FLZ	5 Each		698240
JUICE BOX VERY BRY 40-4.23FLZ	5 Each		698391
JUICE BOX PARADS PNCH 40-4.23FLZ	5 Each		698261
JUICE BOX GRP 100 40-4.23FLZ	5 Each		698211

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	15.20g		
Fiber	0.00g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	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

Sliced Apples



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

PACKAGING: 2OZ POLY BAGS IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 34 -40 F. PREPARATION: OPEN AND SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34467
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 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.	281622
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 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
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on service line

50 servings 1 each

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.00		
Fat	16.50g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	670.00mg		
Carbohydrates	42.50g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.02mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34470
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	14 Pound	2 #10 cans	120530
ONION DCD 1/4 2-5 RSS	1 1/2 Pound		198307
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
MUSTARD YELLOW 4-1GAL BRICK	5 1/4 Fluid Ounce		807651
SUGAR BROWN MED 25 GCHC	2 Pound		108626
SUGAR BEET GRANUL 50 GCHC	1 Pound		224413
TOMATO PASTE FCY 6-10 REDPK	10 Ounce		221851
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	2 1/2 Pound	1/2 #10 can	189979
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 1/3 Tablespoon	2 TB 1 TSP	430795
SMOKE LIQUID 1-QT GCHC	2 Tablespoon		242152
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SPICE ALLSPICE GRND 16Z TRDE	1 Teaspoon		513601

Preparation Instructions

Instructions

Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.

Pour 1 gallon (9 pounds 7 ounces) baked beans into a steam table pan (12 x 20 x 2½). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake:

Conventional oven: 375° F for 20-25 minutes.

Convection oven: 350° F for 15 minutes.

Portion with 4 fluid ounces slotted spoodle (½ cup).

Recipe Notes

CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 140° F or higher.

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans.

Yield 50 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.028
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.060
Legumes	0.560
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	299.74		
Fat	1.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	198.33mg		
Carbohydrates	64.33g		
Fiber	6.27g		
Sugar	37.88g		
Protein	5.68g		
Vitamin A	0.03IU	Vitamin C	0.01mg
Calcium	5.12mg	Iron	0.10mg

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Nutrition - Per 100g

No 100g Conversion Available

Blushing Chilled Pears



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31736
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	2 #10 CAN		110690
GELATIN MIX STRAWB 12-24Z GCHC	1/4 Cup		524581

Preparation Instructions

1. Pour canned pears and juice into serving line pans.
2. Sprinkle gelatin over pears to give blushing color.
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves and juice per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.88		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	17.23g		
Fiber	2.07g		
Sugar	13.10g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunk



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34312
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	50 Cup	READY_TO_EAT Ready to Eat	216300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SUGAR CANE GRANUL 25 GCHC	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587
DRESSING POPPYSEED 4-1GAL PMLL	3 Quart		850942

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Combined vinegar and sugar to dissolve.
3. Add sugar/vinegar to dressing and mix well.
4. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.640
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	125.95		
Fat	8.70g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	13.16g		
Fiber	0.19g		
Sugar	11.56g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	12.04mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meat Sauce for Spaghetti

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34477
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	35 Pound		110520
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	10 Pound		610790
SAUCE TOMATO 6-10 HNZ	2 #10 CAN		376182
SAUCE SPAGHETTI FCY 6-10 REDPK	9 #10 CAN		852759
TOMATO PASTE FCY 6-10 REDPK	1 #10 CAN		221851
JUICE TOMATO 100 FRSH 12-46FLZ HV	1 #5 CAN		732790
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
SPICE BASIL GRND 12Z TRDE	3/4 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1/4 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	4 1/3 Tablespoon		231517
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	12 1/2 Pound		229951
Water	15 Gallon		Water

Preparation Instructions

instructions

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVER COOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce.

Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.

Portion with 8 oz ladle (1 cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

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

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, 38 cup of red/orange vegetable, and 1 oz grain equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.108
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.08
Fat	13.21g
SaturatedFat	4.25g
Trans Fat	2.10g
Cholesterol	54.66mg
Sodium	1116.44mg
Carbohydrates	38.90g
Fiber	7.71g
Sugar	13.42g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.12mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad Elementary



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32481
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/10 Cup		129631
CARROTS BABY PLD 72-3Z P/L	1/10 Cup		241541
SPRING MIX HERITAGE 4-3 RSS	1/3 Cup		152222

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	42.57
Fat	0.04g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	52.24mg
Carbohydrates	9.35g
Fiber	3.46g
Sugar	4.70g
Protein	1.89g
Vitamin A 9452.12IU	Vitamin C 58.28mg
Calcium 43.60mg	Iron 0.68mg

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Nutrition - Per 100g

No 100g Conversion Available

Jello w/ Peaches

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	2 #10 CAN		110700
GELATIN MIX ORNG 12-24Z GCHC	2 Package		524638

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.517
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	74.68		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.47mg		
Carbohydrates	17.55g		
Fiber	1.03g		
Sugar	16.51g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	2.70mg
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

Buttered Corn



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31735
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	1 Cup	BAKE	285620
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		40.33	
Fat		0.33g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		9.00g	
Fiber		0.33g	
Sugar		1.67g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Smoothie w/ Bagel



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34509
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF PRO 4-6 DANN	50 Cup		673261
STRAWBERRY WHL IQF 4-5 GCHC	38 Cup		244630
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
BAGEL WHT WGRAIN IW 72-2Z LENDER	50 Each		217911
CHEESE CREAM LT CUP 100-1Z P/L	50 Each		549762

Preparation Instructions

Smoothie:

1. Remove ingredients from refrigerator.
2. Place yogurt and fruit (25 cup strawberry) in blender. Blend until smooth.
3. Place ingredients in a 9oz cup (GFS# - 792220) Lid (GFS# - 792201)
4. Return items to refrigerator top with remaining strawberry before serving.
5. Serve item with Bagel.

HACCP=1

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	306.70
Fat	5.70g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	15.75mg
Sodium	271.43mg
Carbohydrates	55.11g
Fiber	7.83g
Sugar	20.57g
Protein	10.41g
Vitamin A 337.76IU	Vitamin C 5.14mg
Calcium 116.34mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 3/11 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB 24-4Z BTRBUDS	1 1/7 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER 19Z TRDE	2 3/11 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 3/11 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	2 3/11 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 135

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

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	0.588
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.04
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.24mg
Carbohydrates	4.80g
Fiber	2.35g
Sugar	1.17g
Protein	1.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.01mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Harvest Fries

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	6 1/4 Pound		273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	12 1/2 Pound		547115

Preparation Instructions

1. Spread an even mix of both fries on sheet pans.
2. Bake in a 350 degree oven for 9-13 minutes or until the temperature reaches 135 degrees.
3. Store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	313.33		
Fat	14.67g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	500.00mg		
Carbohydrates	43.33g		
Fiber	3.33g		
Sugar	6.00g		
Protein	3.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available