# Cookbook for McCormick Middle School

**Created by HPS Menu Planner** 

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Macaroni with Meatsauce Macaroni with Meatsauce HS
Macaroni with Meatsauce HS

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**Bean Burrito Bowl MMS Meatball Sub Baked Potato Bar WW Sloppy Joe Creamy Grape Salad Chicken Tender Salad Chicken Quesadilla Homemade Chicken Quesadilla Homemade Beefy Macaroni Breakfast Potato Bowl Cottage Cheese Fruit & Veggie Plate Cheesy Beefy Cavatappi Beefy Macaroni** 

## **Choice of Juice**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25815
School:	McCormick Middle School		

## Ingredients

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

#### **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		<u> </u>		
Amount Per Serving				
Calories		80.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		0.00mg		
Carbohydrates		19.00g		
Fiber		0.00g		
Sugar		18.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.60mg	
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<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Uncrustable and String Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25816
School:	McCormick Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Any Flavor	527462
CHIP GARDEN SALSA 104- SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900

#### **Preparation Instructions**

Serve with whole-grain single serving chips

(If cheese stick unavailable, serve with 4 oz yogurt for meat alternate component)

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		520.00	
Fat		28.00g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		620.00mg	
Carbohydrates		53.00g	
Fiber		6.00g	
Sugar		18.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	251.00mg	Iron	1.60mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Big Daddy's Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25819
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN R/E BOLD 9CT	1 Cup	BAKE COOK BEFORE EATING AND SERVING. FOR BEST RESULTS, COOK FROM FROZEN STATE. ALLOW TO COOL FOR 30 SECONDS BEFORE CUTTING. FOR OPTIMAL QUALITY, BAKE UNTIL INTERNAL TEMPERATURE OF CRUST REACHES 185-190 F. IMPINGEMENT 420 F FOR 7-9 MINUTES. CONVECTION 350 F FOR 13-17 MINUTES. DECK OVEN: 450 F FOR 10-13 MINUTES. PLACE PIZZA ON PARCHMENT LINED BAKING TRAY. FOR EVEN COOKING, ROTATE PANS PART WAY THROUGH BAKING TIME. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIMES AND TEMPERATURES MAY VARY. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. REFRIGERATE OR DISCARD ANY UNUSED PORTION.	236591

#### **Preparation Instructions**

FOR BEST RESULTS, COOK FROM FROZEN STATE. ALLOW TO COOL FOR 30 SECONDS BEFORE CUTTING. FOR OPTIMAL QUALITY, BAKE UNTIL INTERNAL TEMPERATURE OF CRUST REACHES 185-190 F. IMPINGEMENT 420 F FOR 7-9 MINUTES. CONVECTION 350 F FOR 13-17 MINUTES. DECK OVEN: 450 F FOR 10-13 MINUTES. PLACE PIZZA ON PARCHMENT LINED BAKING TRAY. FOR EVEN COOKING, ROTATE PANS PART WAY THROUGH BAKING TIME. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIMES AND TEMPERATURES MAY VARY. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Meat	2.000
Grain	3.000
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: 1.00 Slice

Amount Pe	r Serving		
Calories		400.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	35.00mg	
Sodium		440.00mg	
Carbohydra	ates	43.00g	
Fiber		4.00g	
Sugar		7.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	341.00mg	Iron	2.40mg

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#### **Nutrition - Per 100g**

# **Turkey Bacon Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25970
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	0/1 Cup		429406
TURKEY HAM SLCD 12-1 JENNO	3 Ounce		556121
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Cup		720526
LETTUCE ROMAINE RIBBONS 6-2 RSS	0/1 Cup		451730
BACON CKD RND 192CT HRML	1 Slice		433608

#### **Preparation Instructions**

Directions:

CCP-WASH HANDS. WASH ALL FRESH, UNPACKAGED PRODUCE UNDER RUNNING WATER; DRAIN WELL.

- 1. Spread 1 1/2 TBSP of Mayonnaise Dressing on the bottom 1/4 of the bread laying north to south.
- 2. Layer over the dressing evenly moving from left to right: 3 oz turkey, 1 slice bacon,1/2 c. lettuce, 1/4 c. each of tomatoes
- 3. Roll up starting at the south end moving to the north end. Cut in half and serve.

NSLP meal pattern info: 1 sandwich provides= 2.25 oz meat, 1.5 oz eq grain, 1/4 c. dark green veg., 1/4 c. red/orange veg., and 3/8 c. other veg.

Notes: CCP- Pull frozen commodity turkey ham and flour tortillas from freezer the day before use and thaw under refrigeration, CCP-When wraps are completed store at 40 degrees or lower until needed.

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#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.480
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 Pe	r Serving		
Calories		379.14	
Fat		22.94g	
SaturatedFa	at	5.47g	
Trans Fat		0.00g	
Cholestero		74.22mg	
Sodium		852.60mg	
Carbohydra	ates	23.18g	
Fiber		2.01g	
Sugar		0.05g	
Protein		20.74g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.24mg	Iron	1.71mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### Fruit & Cheese Kabob MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26506
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1 3/4 Gallon		212768
GRAPE RED SDLSS 5 MRKN	1 5/9 Gallon		596914
MELON MUSK CANTALOUPE 12CT P/L	25 Cup		200565
CHEESE COLBY JK CUBED 6-1 GCHC	6 1/4 Pound		471461

#### **Preparation Instructions**

Directions:

WASH HANDS.

WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

- 1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).
- 2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.
- 3. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41°F

1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

Updated June 2019

Notes:

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.016
Grain	0.000
Fruit	0.531
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

<b>Amount Per Serving</b>	
Calories	45.35
Fat	0.30g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	9.57mg
Carbohydrates	11.46g
Fiber	0.78g
Sugar	10.28g
Protein	0.68g
Vitamin A 42.89IU	Vitamin C 132.34mg
Calcium 12.67mg	Iron 0.16mg

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#### **Nutrition - Per 100g**

# Parfait Yogurt Purple People Eater MTG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26507
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GCHC	2 Ounce		166720
STRAWBERRY WHL IQF 4-5 GCHC	2 Ounce		244630
GRAPE GREEN SDLSS 5 MRKN	2 1/2 Ounce		596922
CEREAL GRANOLA L/F 4-50Z KELL	2 Ounce		735108
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

#### **Preparation Instructions**

Directions:

WASH HANDS.

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

- 1. Place the strawberries, blueberries and yogurt in a food processor and blend until smooth.
- 2. Place 1/4 cup grapes in small cups and spoon about 1 cup of the blended mixture over the grapes.
- 3. Sprinkle 1 oz portions of granola over the top of each parfait.
- 4. Serve cold.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F.

Child Nutrition: 1 serving provides= 1 oz eq grain, 3/4 cup fruit, and 2 oz meat alternate

Notes:

	<u> </u>
Meat	2.000
Grain	1.000
Fruit	0.750
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 Pe	er Serving		
Calories		432.73	
Fat		2.43g	
SaturatedF	at	0.81g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		147.52mg	
Carbohydr	ates	97.74g	
Fiber		9.12g	
Sugar		64.10g	
Protein		10.46g	
Vitamin A	345.85IU	Vitamin C	11.25mg
Calcium	262.96mg	Iron	3.03mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Bowl Asian Mashed Potato MTG**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26508
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE 4007Z PIER	400 Ounce	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate NOTE: Can use item 571730, Salisbury Steak in place. Cut into strips of 4 and toss in sauce OR Commodity Philly Steak tossed in sauce ( 3oz serving) Item# 720861	770817
PEPPERS RED DCD 3/8 2-3 RSS	2 Gallon		581992
BROCCOLI 16-1# MKTDAY	3 Gallon		613180
Mashed poataoes	201 Cup	HEAT_AND_SERVE Pour 2 gallons of boiling in mixing bowl. hand Mix; Add potatoes, stir constantly with whisk. Let stand for 1 min ready to serve. Add more water for thinner potatoes and more potatoes for thicker. No salt product, season to taste	066159
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	100 Each		565142

#### **Preparation Instructions**

Directions:

WASH HANDS.

- 1. Cook potatoes according to recipe/package instructions.
- 2. Bake the beef according to manufacturer instructions.

NOTE: Other Beef options available:

Use Salisbury Steak (Item# 571730) - Cut into strips of 4, toss in teriyaki sauce

Use Commodity Philly Beef Steaks (Item #720861 or non commodity w/ peppers when OOS) toss in teriyaki sauce, serve 3 oz portions

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15

#### SECONDS.

3. Steam or sauté the bell peppers until tender. Steam or sauté Broccoli.

NOTE: can use shredded carrots for red/orange veg if red peppers out of stock

- 4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
- 5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

Serve 1 fortune cookie and 1 WG package of goldfish or teddy grahams for 1 oz grain eq.

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.000
Grain	0.167
Fruit	0.000
GreenVeg	0.500
RedVeg	0.320
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Hatiltion Laoto			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Servin	q		
Amount Per Serving			
Calories	173.83**		
Fat	8.06g**		
SaturatedFat	3.50g**		
Trans Fat	0.00g**		
Cholesterol	35.00mg**		
Sodium	420.90mg**		
Carbohydrates	11.87g**		
Fiber	1.51g**		
Sugar	7.59g**		
Protein	12.55g**		
Vitamin A 1279.92IU**	Vitamin C 74.42mg**		
Calcium 24.42mg**	<b>Iron</b> 2.00mg**		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

**Nutrition Facts** 

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Deluxe Hamburger**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26509
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	100 Slice		199001
LETTUCE ICEBERG FS 4-6CT MRKN	12 Cup		307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MUSTARD PKT 500- 5.5GM GCHC	100 Each	BAKE	700051

#### **Preparation Instructions**

Directions:

WASH HANDS.

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

- 1. Cook beef patty as directed on package.
- 2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.
- 3. Serve.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

**Updated October 2013** 

Notes:

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.120
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		332.68	
Fat		14.58g	
SaturatedFa	at	5.02g	
Trans Fat		1.00g	
Cholesterol		35.00mg	
Sodium		572.40mg	
Carbohydra	ates	31.64g	
Fiber		4.56g	
Sugar		7.12g	
Protein		18.32g	
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	69.80mg	Iron	3.10mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Baked Potato Bar WHS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32272
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh bakers potato 120 ct	100 1 Ea	Wash and Scrub Bake	05626
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	300 Ounce	3 oz servings THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
BROCCOLI FLORETS 6-4 GCHC	25 Cup		610902
SOUR CREAM 4-5 GCHC	200 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
ONION GREEN 2 RSS	100 Ounce		596981
SAUCE CHS CHED POUCH 6-106Z LOL	150 Ounce	1.5 oz servings	135261

#### **Preparation Instructions**

Wash hands thoroughly to prevent cross contamination before starting food preparation.

- 1. Wash and Scrub Potatoes
- 2. Stab potatoes with a fork, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

- 3. Cook/heat pork crumbles on a sheet pan on parchment paper until crisp, then drain fat and set aside.
- 4. Steam the broccoli, using a shallow perforated steamer or in a large covered pot with 2 inches of water, over high heat. Cook JUST until bright green, 2-5 minutes, depending on method used. Drain. Place in steam table.
- 5. Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.
- 6. Serve potatoes with pork, broccoli, sour cream, cheddar and scallions, if using them.

\*Can also use/offer shredded cheese in 1.5 oz servings\*

150250

Serve with 1 package whole-grain snack item to meet grain oz eq.

HS: 2 oz grain

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.250	
RedVeg	0.000	
OtherVeg	0.417	
Legumes	0.000	
Starch	1.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	1088.33
Fat	88.00g
SaturatedFat	46.00g
Trans Fat	0.00g
Cholesterol	205.00mg
Sodium	2985.00mg
Carbohydrates	26.83g
Fiber	1.00g
Sugar	4.33g
Protein	42.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1380.67mg	<b>Iron</b> 3.33mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Buffalo Chicken Dip**

Servings:	100.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32273
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound		51520
DRESSING BTRMLK RNCH 4-1GAL PMLL	10 Cup		806961
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	10 Cup		704229
CHEESE CREAM LOAF 10-3 GCHC	4 Each		163562
CHEESE CHED MLD SHRD 4-5 LOL	4 Quart		150250

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.640
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: 4.00

Amount Pe	r Serving		
Calories		291.60	
Fat		20.34g	
SaturatedF	at	5.56g	
Trans Fat		0.00g	
Cholestero	l	94.90mg	
Sodium		1341.25mg	
Carbohydra	ates	2.26g	
Fiber		0.00g	
Sugar		1.60g	
Protein		23.07g	
Vitamin A	6.00IU	Vitamin C	1.92mg
Calcium	135.76mg	Iron	0.57mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

#### **Chicken Burrito Bowl**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32274
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	200 Ounce		154900
SOUR CREAM 4-5 GCHC	100 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	50 Cup		576280

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Prepare Fajita Chicken according to package instruction
- 2. Prepare Spanish Rice
- 3. Prepare Pico De Gallo

To assemble Bowl:

- 1. Place Spanish Rice in bowl using a #8 scoop (1/2 cup)
- 2. Place Chicken Fajita on top of rice, 2 oz
- 3. Provide Pico De Gallo, 2 oz (on bowl, or as side) (see recipe)
- 4. Shredded cheese, 2 oz.
- 5. Sour Cream, 1 oz
- 6. Salsa as desired

½ cup Fiesta Black Bean side

Rice (576280) 1/2 c = 1 grain oz eq.

\*Serve with warmed WG Tortilla or WG tortilla Chips to = 2 oz grain eq. #51565

Meat	2.176
Grain	1.013
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

<b>Amount Pe</b>	r Serving		
Calories		508.43	
Fat		19.02g	
SaturatedF	at	10.68g	
Trans Fat		0.00g	
Cholestero	I	93.53mg	
Sodium		996.47mg	
Carbohydra	ates	60.18g	
Fiber		2.67g	
Sugar		3.18g	
Protein		28.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	302.33mg	Iron	0.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### Pico De Gallo

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32275
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	12 Pound		786543
ONION DCD 1/4 2-5 RSS	4 Cup		198307
JUICE LIME 4-1GAL REALIME	2 Cup		199028
CILANTRO CLEANED 4-1 RSS	4 Cup		219550

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Chop Tomatoes
- 2. Chop Onions
- 3. Chop Cilantro
- 4. In a large stainless steel bowl, mix all chopped vegetables together. Then add cilantro and lime juice. Mix thoroughly.

Transfer to hotel pan and store.

\*Note for maximum flavor, it is best to prepare the pico the day before it is needed.

Can use fresh limes for juice.

<sup>\*</sup>Wash all vegetables thoroughly

0.000
0.000
0.000
0.000
0.640
0.054
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving			
Calories		12.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	2.64g	
Fiber		0.64g	
Sugar		1.52g	
Protein		0.64g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.36mg	Iron	0.23mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Chef Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32276
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	2 Ounce	6Lb, 4 oz	202150
TURKEY DCD 60WHT 40DK CKD 4-5 PERD	1 Ounce	6lb, 4 oz	210242
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	4 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	3lb, 2 oz.	150250
1.75oz Dinner Roll	1 Each	READY_TO_EAT	DBDR272
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800

#### **Preparation Instructions**

#### Directions:

- 1. Defrost turkey ham and smoked turkey in refrigerator. (Skip this step if not using frozen product)
- 2. Cover the meat with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

Place greens into the refrigerator until ready for the salad assembly.

6. Dice turkey and ham (skip this step if using pre-diced meat products).

Salad Preparation:

<sup>\*</sup>Wash hands thoroughly to prevent cross contamination before starting food preparation

<sup>\*</sup>Wash all produce thoroughly and dry

In a plastic salad take out container, place the lettuce mix. 2 Cups

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Placed the diced turkey ham on the left portion of the salad. 2 oz. ham

Place the diced turkey on the right portion of the salad 1 oz. turkey

Place 1/2 Hard Cooked Egg on one side

Place cheese in center (1/2 oz serving size).

Label and date

OtherVeg

Legumes

Starch

# Meal Components (SLE) Amount Per Serving Meat 2.329 Grain 2.000 Fruit 0.000 GreenVeg 2.353 RedVeg 0.250

0.250

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	er Serving		
Calories		411.95	
Fat		15.95g	
SaturatedF	at	6.11g	
Trans Fat		0.00g	
Cholestero	ol	151.58mg	
Sodium		762.56mg	
Carbohydr	ates	37.96g	
Fiber		6.33g	
Sugar		11.04g	
Protein		26.49g	
Vitamin A	2888.50IU	Vitamin C	22.86mg
Calcium	234.87mg	Iron	5.71mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Beef & Noodles**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32279
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	29 Ounce		110611
MARGARINE SLD 30-1 GCHC	7 Ounce	Place in steam table pans. keep in warming until till serving time.	733061
Cold Water	9 Gallon		0000
SOUR CREAM 4-5 GCHC	100 Teaspoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218
BEEF STEW MEAT DCD 85 LEAN 4-5HALP	400 Ounce	SAUTE Thaw under refrigeration Saute in jackknife kettel until no longer pink, add stew ingredients	443689
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	300 Ounce		229951

## **Preparation Instructions**

Boil Water add Beef Base and margarine.

Stir in Noodles cook until almost tender, do not over cook.

Add sour cream and mix until combined.

Place in steam table pans. keep in warming until till serving time.

To Serve:

4 oz Meat

3 oz Pasta

If mixed together serve using 8 oz scoop (1 cup)

\*Can also use philly steak meat when available\*

NOTE: Can also prepare beef and noodles as instructed and serve with 2-3 oz beef gravy

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: 100.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		649.71	
Fat		26.25g	
SaturatedF	at	1.21g	
Trans Fat		0.00g	
Cholestero	l	3.33mg	
Sodium		1184.69mg	
Carbohydra	ates	63.21g	
Fiber		6.00g	
Sugar		4.83g	
Protein		12.05g	
Vitamin A	105.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	3.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# 1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32280
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120- 1CT	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB 120- 1CT	1 Each		865131

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	mp	onents	(SLE)
	_	_		

Amount Per Serving	
Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Each

00			
Amount Pe	r Serving		
Calories		180.00	
Fat		2.67g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		165.00mg	
Carbohydra	ates	37.33g	
Fiber		3.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Tender Basket**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32281
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	300 Piece	Appliances vary, adjust accordingly. Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.	533830
FRIES 1/2 C/C OVEN 6-5 LAMB	50 Cup		865881
DOUGH CKY CARNIVAL WGRAIN 240-1.5Z	100 Each		179801

## **Preparation Instructions**

Wash hands prior to preparation.

Prepare chicken tenders according to package instructions.

Prepare fries according to package instructions.

Hold for service.

Serve 3 each chicken tenders

1/2 cup French Fries

Offer 1 Whole Grain Cookie

Condiment of choice

Amount Per Serving

	,
Meat	3.015
Grain	2.005
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.083

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Each

Amount Pe	r Serving		
Calories		535.00	
Fat		23.17g	
SaturatedFa	at	4.67g	
Trans Fat		0.00g	
Cholestero		77.50mg	
Sodium		771.67mg	
Carbohydra	ates	48.33g	
Fiber		5.33g	
Sugar		16.17g	
Protein		32.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.62mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## Ham & Cheese Melt on Pretzel Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32282
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRTZL WGRAIN 120- 2.2Z J&J	100 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360
TURKEY HAM UNCURED 6- 2 JENNO	300 Ounce	Approximately 4 slices per sandwich (use scale to measure)	690041

## **Preparation Instructions**

- 1. Place 4 slices of lunchmeat on the pretzel bun.
- 2. Place 1 slice of cheese on top of meat.
- 3. Place lid on bun.
- 4. Toast until bun is warm and slightly crisp.
- 5. Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.
- \*\*Allergens: Milk, Soy, Wheat

# Meal Components (SLE) Amount Per Serving

Meat	2.548
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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		348.11	
Fat		12.17g	
SaturatedF	at	4.30g	
Trans Fat		0.00g	
Cholestero	I	63.81mg	
Sodium		603.60mg	
Carbohydra	ates	37.07g	
Fiber		3.00g	
Sugar		6.55g	
Protein		21.81g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	3.12mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

# **Biscuits and Sausage Gravy**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32284
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12- 24Z	6 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 240Z DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F-180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	100 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND 16Z	50 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

## **Preparation Instructions**

Prepare Sausage Gravy

- 1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
- 2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
- 3. Add cooked crumbled sausages, blend and mixed thoroughly.
- 4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

- 1. Split warm biscuit on tray
- 2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit

Meal Components (SLE)  Amount Per Serving				
Meat	1.000			
Grain	2.000			
Fruit	0.000			
GreenVeg	0.000			
RedVeg	0.000			
OtherVeg	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		262.48	
Fat		13.80g	
SaturatedFa	t	7.08g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		614.89mg	
Carbohydra	tes	25.61g	
Fiber		2.00g	
Sugar		2.72g	
Protein		10.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	144.33mg	Iron	1.56mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Assorted Fresh Fruit**

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32285
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
KIWI 33-39CT P/L	1 Each		287008
MELON MUSK CANTALOUPE 12CT P/L	1/2 Cup		200565
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
STRAWBERRY 8 MRKN	1/2 Cup		212768

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.104
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 11.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		109.74	
Fat		0.19g	
SaturatedF	at	0.02g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		2.77mg	
Carbohydra	ates	29.14g	
Fiber		5.43g	
Sugar		17.47g	
Protein		1.16g	
Vitamin A	68.05IU	Vitamin C	40.69mg
Calcium	25.22mg	Iron	0.38mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Baked Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32288
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
BEAN BAKED FCY 6-10 ALLEN	1 #10 CAN		583375
SUGAR BROWN MED 25 GCHC	4 Cup	UNSPECIFIED	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Cup		100129

## **Preparation Instructions**

- 1. DRAIN WELL THE VEGETARIAN BEANS.
- 2. SPRAY WELL 3 MEDIUM PANS.
- 3. PLACE 1 CAN OF BEANS PER PAN.
- 4. DIVIDE REMAINING INGREDIENTS AND ADD TO VEGETARIAN BEANS; STIR WELL.
- 5. BAKE IN A PREHEATED OVEN UNTIL HOT & BUBBLY THROUGHOUT.

# 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

<b>Amount Pe</b>	r Serving		
Calories		156.16	
Fat		1.16g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		286.85mg	
Carbohydra	ates	31.50g	
Fiber		5.17g	
Sugar		15.05g	
Protein		6.98g	
Vitamin A	0.00IU	Vitamin C	0.31mg
Calcium	10.35mg	Iron	0.47mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

## Pasta with Meatballs WW/MMS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32295
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	200 Each	2 meatballs per serving	785860
BREAD GARL TX TST SLC 12-12CT GCHC	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910
SAUCE MARINARA A/P 6- 10 REDPK	200 Ounce	READY_TO_EAT None	592714
CHEESE PARM PKT 200- 3.5GM GCHC	100 Each	Garnish	254959
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	50 Cup		229951

## **Preparation Instructions**

- 1. Prepare pasta to al-dente
- 2. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher

Place frozen meatballs in sauce, cover pan and heat in oven at 375\*F for approximately 30-40 min

3. Cook garlic toast according to directions. CCP: Hold Hot at 135F or higher

Preheat oven to 450\*F. Place Toast on baking sheet. Heat each side 3-4 minutes or until heated through.

- 4. Portion #8 scoop of pasta (4 oz) & top with 2 meatballs & #16 scoop of sauce
- 5. Offer with Parmesan cheese
- 6. Offer with 1 piece of garlic toast

Amount Per Serving

Meat	1.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		372.00	
Fat		15.75g	
SaturatedFa	at	3.25g	
Trans Fat		0.30g	
Cholesterol		23.00mg	
Sodium		648.00mg	
Carbohydra	ites	44.50g	
Fiber		3.50g	
Sugar		6.00g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.00mg	Iron	3.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Philly Cheesesteak WW. MMS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32296
School:	Westwood Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	200 Ounce		593591
CHEESE AMER WHT 160CT SLCD 6-5 LOL	100 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	100 Each	READY_TO_EAT	276142

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Heat beefsteak according to package directions. Cover the meat and hold in warmer or steam table for assembly.
- 2. Spray a pot, braising pan with pan release spray. Sauté the peppers and onions, stirring them frequently for 5 minutes or until tender. (Omit this step if using meat with peppers and onions)

Sandwich assembly:

Place 24 bottom parts of hamburger buns on sheet pan, 4 down and 6 across.

Portion a #16 scoop (2oz) of sliced beef steak and ½ oz. cheese slice on each bun (slice the cheese on the diagonal and overlap the triangles of cheese).

Cover the meat and cheese with a #16 scoop of pepper mixture. (omit if using meat with peppers and onions included)

Replace the top part of the bun.

Wrap in foil, waxed paper, or plastic wrap.

Place each sandwich in steamable pans (12 x 20 x 2 ½) lined

Prepare in batches to maintain quality

Serve immediately, or cover pan with lid, foil, or plastic wrap until ready for service (If using foil, poke holes so steam can escape). Place the pan in warmer until service

Alternate instructions:

\*Sandwiches can be assembled on service line\*

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.200
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		321.67	
Fat		15.00g	
SaturatedF	at	7.00g	
Trans Fat		0.33g	
Cholestero		25.83mg	
Sodium		756.67mg	
Carbohydra	ates	34.00g	
Fiber		2.67g	
Sugar		7.17g	
Protein		11.50g	
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	147.83mg	Iron	2.48mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Cherry Blossom Chicken & Fried Rice**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32299
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce	CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE CHICKEN ON A SHEET PAN AND BAKE FOR APPROXIMATELY 30 MINUTES. (THE CRISPIER THE BETTER.) FRYER: PLACE CHICKEN PIECES IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. HEAT SAUCE SPEARATELY TO BOIL. COMBINE CHICKEN AND SAUCE, MIX WELL UNTIL CHICKEN IS COATED.	653342
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 9/10 Ounce	Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## **Preparation Instructions**

Prepare Chicken according to package instructions.

Prepare rice according to package instructions.

Serve chicken using #8 scoop (4 oz.)

Serve rice using #6 scoop (5.33 oz)

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 Serving

Amount Per	r Serving		
Calories		470.00	
Fat		6.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		790.00mg	
Carbohydra	ates	81.00g	
Fiber		6.00g	
Sugar		17.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	10.00mg	Iron	1.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Mashed Potato Bowl**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32300
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CNTRY STYL 12- 30.7Z BAMER	50 Cup	RECONSTITUTE  1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving.	325406
CHIX PCORN LRG WGRAIN CKD 6-5	500 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
GRAVY MIX CNTRY 12-24Z GCHC	100 Ounce	STOVE TOP DIRECTIONS: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ. DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE SHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F-180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242400
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250

## **Preparation Instructions**

Prepare chicken using package instructions.

Prepare potatoes using package instructions.

Prepare gravy using package instructions.

Bowl Assembly:

Using a #8 scoop, place potatoes on base

Place 5 chicken pieces

Using a #16 scoop, top with 1/4 cup cheddar cheese

1 oz. gravy to top

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.400

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Pe	er Serving		
Calories		568.16	
Fat		24.62g	
SaturatedF	at	11.35g	
Trans Fat		0.00g	
Cholestero	l	65.00mg	
Sodium		2005.49mg	
Carbohydr	ates	66.59g	
Fiber		5.50g	
Sugar		4.85g	
Protein		19.50g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	231.85mg	Iron	1.32mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

## Chicken Quesadilla w/ Cilantro Lime Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	100 Each	BAKE	231750
RICE CILANT LIM 4-4 SANDR	50 Cup		674412
SOUR CREAM 4-5 GCHC	100 Ounce		285218
SALSA 103Z 6-10 REDG	150 Ounce		452841

## **Preparation Instructions**

Prepare Quesadilla according to package instructions.

Prepare Cilantro Rice according to package instructions.

Serve 1 Quesadilla with 1/2 cup rice (4 oz.), 1.5 oz. salsa and 1 oz. sour cream if desired

2.000 2.000
0.000
0.000
0.380
0.000
0.000
0.000

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each				
Amount Per	r Serving			
Calories		575.00		
Fat		17.50g	_	
SaturatedFa	at	5.50g		
Trans Fat		0.00g	_	
Cholesterol		35.00mg		
Sodium		1194.00mg		
Carbohydra	ates	84.00g		
Fiber		5.00g	_	
Sugar		6.00g		
Protein		21.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg	
Calcium	250.00mg	Iron	5.50mg	
*All reporting of TransFat is for information only, and is				

not used for evaluation purposes

## **Nutrition - Per 100g**

## **Pulled Pork Taco**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	300 Ounce		498702
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250
COLE SLAW CRMY CLSC 10 GCHC	50 Cup	Offer on taco or as a side	738158
TORTILLA FLOUR ULTRGR 10 8-24CT	100 Each		651003

## **Preparation Instructions**

Prepare pork according to package instructions

To assemble tacos:

Place meat in tortilla shell using #10 scoop (3 oz)

Top with 1/4 cup shredded cheese (#16 scoop, 2 oz)

1/2 cup coleslaw on taco or as side

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		632.50	
Fat		31.00g	
SaturatedF	at	12.38g	
Trans Fat		0.00g	
Cholestero	I	88.75mg	
Sodium		904.50mg	
Carbohydra	ates	62.00g	
Fiber		6.00g	
Sugar		19.00g	
Protein		27.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	274.00mg	Iron	2.40mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Beef Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32307
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	225 Ounce	1 oz per shell (2TBSP, #30 scoop)	722330
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	200 Each		714350
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543

## **Preparation Instructions**

CCP: Heat to 155 ° F for at least 15 seconds. Cook Meat according to package instructions.

Serving:

2 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

# Meal Components (SLE) Amount Per Serving

Meat	1.920
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.759
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Per S	Serving		
Calories		245.28	
Fat		12.57g	
SaturatedFat		4.94g	
Trans Fat		0.21g	
Cholesterol		39.13mg	
Sodium		304.88mg	
Carbohydrate	es	19.38g	
Fiber		3.42g	
Sugar		2.75g	
Protein		14.09g	
Vitamin A 0	.00IU	Vitamin C	0.00mg
Calcium 1	54.32mg	Iron	1.65mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Hot Dog w/ Chili Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32308

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI HOT DOG W/MT 6-10 CHEFM	200 Tablespoon		233684
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 Each		154792
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
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Amount Per Serving	
Meat	2.125
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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		355.00	
Fat		19.50g	
SaturatedF	at	6.25g	
Trans Fat		0.00g	
Cholestero		37.50mg	
Sodium		915.00mg	
Carbohydra	ates	32.00g	
Fiber		3.50g	
Sugar		5.50g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.47mg	Iron	2.04mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **French Toast Stick Lunch**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32309
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300867Z PAP	300 Each		646222
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each		184970
SYRUP PANCK CUP 200-1.5Z GCHC	100 Each		160090

## **Preparation Instructions**

Wash hands prior to preparation.

Heat French Toast Sticks according to package instructions.

Heat Sausage according to package instructions.

To Serve:

3 Each French Toast Sticks

1 Each Sausage Patty

Amount Per Serving

	<u> </u>
Meat	2.000
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: 100.00 Serving Size: 3.00 Each

Amount Per	r Serving		
Calories		340.00	
Fat		7.50g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		135.00mg	
Sodium		360.00mg	
Carbohydra	ates	54.00g	
Fiber		2.00g	
Sugar		27.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.36mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Chicken Teriyaki w/ Fried Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	300 Ounce		890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	600 Ounce		676463

## **Preparation Instructions**

Prepare chicken according to package instructions.

Prepare rice according to package instructions.

To Serve:

Serve rice using a #6 scoop (5.33 oz.)

Serve chicken using a #12 (green) 2.67 oz scoop

If Teriyaki Chicken unavailable, use Teriyaki Sauce 895868 and mix with Chicken (Shredded or diced) 617760 - Can use commodity if available

Meal Components (SLE) Amount Per Serving		
Meat	2.105	
Grain	2.034	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.132	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.132	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Serving			
Amount Per	r Serving		
Calories		421.94	
Fat		7.81g	
SaturatedFa	at	1.05g	
Trans Fat		0.00g	
Cholesterol		68.42mg	
Sodium		836.93mg	
Carbohydra	ates	62.28g	
Fiber		4.07g	
Sugar		10.42g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.70mg	Iron	1.55mg
*All reporting of TransFat is for information only, and is			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

# **Turkey & Gravy Meal**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32316

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	400 Ounce		653171
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	400 Ounce		325406
ROLL DNNR WHEAT IW 144CT BNBSKT	100 Each		617310

## **Preparation Instructions**

Prepare Turkey and Gravy according to package instructions.

Prepare Mashed potatoes according to package instructions.

To Serve:

Using #8 scoop (4 oz) plate mashed potatoes

Using #8 scoop (4 oz) serve turkey and gravy over mashed potatoes or on side

Serve with Whole Grain Roll

Meal Components (SLE)  Amount Per Serving		
Meat	1.923	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	1.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

<u> </u>	<b></b>	.9	
Amount Pe	r Serving		
Calories		405.38	
Fat		7.81g	
SaturatedF	at	2.44g	
Trans Fat		0.00g	
Cholestero	l	43.27mg	
Sodium		1450.00mg	
Carbohydra	ates	58.92g	
Fiber		5.00g	
Sugar		3.00g	
Protein		24.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.63mg	Iron	1.91mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

# **Chicken Patty Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32321
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
LETTUCE ICEBERG FS 4-6CT MRKN	1 Slice	One slice of lettuce	307769
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	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.	558061
TOMATO 5X6 XL 5 MRKN	1 Slice		438197

## **Preparation Instructions**

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.

Adjust according to appliances:

Convection: 6-8 Min at 375 degrees Fahrenheit from frozen

Conventional: 8-10 Min at 400 degrees Fahrenheit from frozen

- 2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- 3. Serve.
- 4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Notes:

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		394.05	
Fat		14.55g	
SaturatedF	at	2.51g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		646.13mg	
Carbohydra	ates	42.88g	
Fiber		7.28g	
Sugar		6.63g	
Protein		20.20g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	77.25mg	Iron	3.06mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

# **Buffalo Chicken Dip w/ WG Scoops**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32322
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM BULK 30 GCHC	12 Pound		593567
DRESSING RNCH 4-1 GAL KE	33 Ounce		631430
SAUCE HOT REDHOT 12- 23FLZ FRNKS	13 Ounce		557609
CHEESE CHED SHRD 6-5 COMM	3 Pound		199720
CHIX DCD 1/2 WHT MRNTD CKD 2-5 GCHC	16 Pound		578800
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	175 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

#### **Preparation Instructions**

Thaw diced chicken in refrigerator 2 days prior to service.

Pre-heat oven to 325°.

Drain chicken and chop into small pieces.

Heat cream cheese in steamer for approximately 5-8 minutes, just until it is soft and able to be blended. Add cream cheese to chicken and mix well.

Add shredded cheese to chicken mixture and mix.

Mix hot sauce and ranch dressing with a wire whisk. Add to chicken mixture.

Bake in convection oven for approximately 15 mins.

CCP: Heat until 165° for at least 15 seconds.

Place in warmer to hold for hot service. Hold for at least 10 minutes to allow the grease to clear from the top of the cheese.

Portion 1/2 cup (#8) scoop served with 1.75 oz tortilla chips

Amount Per Serving

	<u> </u>
Meat	2.500
Grain	2.188
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: 4.00 Ounce

Amount Per Serving					
Calories		629.05			
Fat		37.79g			
SaturatedFat		16.75g			
Trans Fat		0.00g			
Cholesterol		124.39mg	g		
Sodium		1012.32mg			
Carbohydrates		38.00g			
Fiber		3.50g			
Sugar		2.14g			
Protein		25.96g			
Vitamin A	691.06IU	Vitamin C	0.00mg		
Calcium	92.24mg	Iron	0.96mg		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

Calories		554.73	
Fat		33.32g	
SaturatedFat		14.77g	
Trans Fat		0.00g	
Cholesterol		109.69mg	
Sodium		892.72mg	
Carbohydrates		33.51g	
Fiber		3.09g	
Sugar		1.89g	
Protein		22.89g	
Vitamin A	609.41IU	Vitamin C	0.00mg
Calcium	81.34mg	Iron	0.85mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Boom Boom Chicken WHS.MMS**

Servings:	100.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32330
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	28 1/8 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	7/9 Gallon	1-3/4 cup of sauce for every bag of chicken. Steam (Warm) sauce before mix with chicken.	877930

## **Preparation Instructions**

- 1. Cook 1 bag of chicken as directed on 350 for 10-12 minutes on each baking sheet. If needed, bake a little longer to get chicken a little crispy.
- 2. Steam to warm Boom Boom Sauce.
- 3. Remove from oven and coat each tray of chicken thoroughly with 1-3/4 cup of Boom Boom Sauce before serving. Note: Serve 10 pieces per student for 2 oz m/ma and 1 oz for grain/bread.

High School ONLY - MUST SERVE (offer) 1 - 1.5 grain roll with Boom Boom Chicken

# Meal Components (SLE) Amount Per Serving

	,
Meat	2.093
Grain	1.047
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: 10.00 Each

<b>Amount Pe</b>	r Serving		
Calories		421.71	
Fat		29.56g	
SaturatedF	at	5.63g	
Trans Fat		0.00g	
Cholestero	l	88.22mg	
Sodium		824.94mg	
Carbohydra	ates	19.79g	
Fiber		3.14g	
Sugar		1.99g	
Protein		19.88g	
Vitamin A	209.30IU	Vitamin C	0.00mg
Calcium	20.93mg	Iron	1.51mg
·			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

# **Salisbury Steak**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32333

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BROWN 12-15Z GCHC	25 Ounce		242450
POTATO PRLS CNTRY STYL 12- 30.7Z BAMER	400 Ounce	RECONSTITUTE  1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving.	325406
DOUGH ROLL DNNR WGRAIN 180- 2.1Z RICH	100 Each		152131
BEEF STK SALISBURY CHARB 59-2.7Z ADV	100 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozenproduct for 2-4 minutes per side or until internal temperature reaches165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730

### **Preparation Instructions**

Wash hands prior to preparation.

Prepare Salisbury steaks according to package directions.

Make gravy according to package directions. Hold in steamtable or warmer for use.

Prepare mashed potatoes.

To Serve:

1 each Salisbury Steak

#8 Scoop, 4 oz mashed potatoes

#16 scoop gravy - on steak/mashed potatoes

1 Whole Grain Roll

#### **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	0.000
Starch	1.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		526.33	
Fat		17.63g	
SaturatedFa	at	6.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		1298.61mg	
Carbohydra	ites	68.01g	
Fiber		10.00g	
Sugar		6.25g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Mini Corn Dogs**

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32357

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

### **Preparation Instructions**

Wash hands prior to preparation.

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F.

Heat for approximately 20 minutes or until product reaches serving temperature.

Serve 6 each with choice of dipping sauce

Amount Per Serving	nents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

_	Servings Per Recipe: 1.00 Serving Size: 6.00 Each				
<b>Amount Pe</b>	r Serving				
Calories		266.70			
Fat		10.70g			
SaturatedF	at	1.90g			
Trans Fat		0.11g			
Cholestero	I	34.00mg			
Sodium		364.70mg			
Carbohydra	ates	33.00g			
Fiber		2.90g			
Sugar		12.00g			
Protein		9.40g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	70.00mg	Iron	1.44mg		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

**Nutrition Facts** 

# **Bosco Sticks with Marinara Sauce**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32358
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	200 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	235411
SAUCE MARINARA A/P 6-10 REDPK	200 Ounce	READY_TO_EAT None	592714

### **Preparation Instructions**

Wash hands prior to preparation.

Prepare bosco sticks according to package instructions.

Serve 2 each with 2 oz. side of marinara (#16 scoop or 2 oz. ladle)

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Pe	r Serving		
Calories		325.00	
Fat		10.75g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		635.00mg	
Carbohydra	ates	38.00g	
Fiber		5.00g	
Sugar		4.50g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	454.50mg	Iron	2.50mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Hot Dog Bar**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32359
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 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. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS	154792
BUN HOT DOG WGRAIN SLCD 144-6	100 Each		733411
KETCHUP CAN NAT LO SOD 6-10 REDG	100 Tablespoon		200621
MUSTARD PKT 500- 5.5GM GCHC	100 Each		700051
RELISH SWT PKT 200- 9GM GCHC	100 Each		187216

# **Preparation Instructions**

Wash hands prior to preparation.

Prepare hot dogs according to package instructions.

To serve, place one hot dog into whole-grain bun.

Offer condiments as desired:

Ketchup

Mustard

Relish

#### **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: 100.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		360.00	
Fat		19.00g	
SaturatedFa	at	6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		1070.00mg	
Carbohydra	ites	36.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.47mg	Iron	2.09mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Fiestada Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32361
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

# **Preparation Instructions**

No Preparation Instructions available.

2.000
2.000
0.000
0.000
0.130
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

OCIVING OIZ	J. 1.00		
<b>Amount Pe</b>	r Serving		
Calories		234.00	
Fat		9.10g	
SaturatedF	at	3.90g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		461.00mg	
Carbohydra	ates	28.00g	
Fiber		2.60g	
Sugar		5.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.00mg	Iron	2.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

### **Pancake Lunch**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32364
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z KRUST	300 Each	CONVENTIONAL OVEN: PRE-HEAT OVEN TO 400*F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 4-5 MINUTES OR UNTIL HOT. CONVECTION OVEN: PRE-HEAT OVEN TO 350*F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 3-4 MINUTES OR UNTIL HOT.	617650
SAUSAGE TKY PTY CKD 1.4Z 12 GCHC	100 Each	CONVENTIONAL OVEN: PREHEAT OVEN TO 325F, HEAT 9 -11 MIN IF FROZEN & 7 - 9 MIN IF THAWED	509790
SYRUP PANCK CUP 200-1.5Z GCHC	100 Each		160090
HASHBROWN STARZ .36Z 6-5 LAMB	300 Ounce		233101

# **Preparation Instructions**

Wash and dry hands prior to preparation.

Prepare pancakes and sausage according to package instructions.

Prepare hash brown stars according to package instructions.

Serve 3 each pancakes

- 1 sausage patty
- 3 oz. hash brown stars (approximately 8 pieces)
- 1 syrup package each

# 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	0.595

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		600.00	
Fat		19.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		850.00mg	
Carbohydra	ates	94.00g	
Fiber		5.00g	
Sugar		26.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	3.54mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Cheesy Breadsticks with Marinara**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32365
School:	Westwood Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192- 1.93	200 Each		148067
SAUCE MARINARA A/P 6-10 REDPK	200 Ounce	READY_TO_EAT None	592714

### **Preparation Instructions**

Wash and dry hands prior to preparation.

Prepare breadsticks according to package instructions.

Serve 2 each breadsticks with 2 oz marinara

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.125	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Oct ving Oiz	5. 1.00 OCI VIII	9	
<b>Amount Pe</b>	r Serving		
Calories		325.00	
Fat		12.75g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	ı	20.00mg	
Sodium		655.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		4.50g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.50mg	Iron	2.70mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### Mini Ravioli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32366
School:	Westwood Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE MARINARA A/P 6-10 REDPK	400 Ounce	READY_TO_EAT None	592714
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	100 Each		152131

#### **Preparation Instructions**

Wash and dry hands prior to preparation.

Preheat convection oven to 375 degrees.

Using a full hotel pan, spray the bottom and sides with non-stick cooking spray.

Pour 3 cups of room temperature sauce into bottom of pan and spread to cover.

Place 5 pounds of frozen ravioli and cover with 5 cups of room temperature marinara sauce to cover.

Lightly apply non-stick cooking spray to bottom of aluminum foil and cover the pan tightly.

Bake for approximately 50 min or until reaching internal temperature of 165 degrees F for at least 15 seconds.

Alternate instructions:

Heat an appropriate amount of water to a full boil.

Use 3 quarts of water for each 1 pound of ravioli.

Add frozen ravioli to the boiling water.

Gently stir ingredients, initially and periodically to prevent sticking.

Boil the mini ravioli for approximately 3-4 minutes. The ravioli will begin to float.

Cook all thoroughly to 165 degrees F.

Can hold at 145 prior to service for up to 1 hour.

7 Ravioli = 1 oz meat meat alternate

#### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		310.00	
Fat		6.50g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	15.00mg	
Sodium		760.00mg	
Carbohydra	ates	47.00g	
Fiber		8.00g	
Sugar		9.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	121.00mg	Iron	2.08mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Whole Grain Turkey Pancake Wraps**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32370
School:	Westwood Elementary		

### Ingredients

Starch

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	300 Each		696180
SYRUP PANCK CUP 200-1.5Z GCHC	100 Each		160090

#### **Preparation Instructions**

Serving size: 3 each mini pancake wraps

ents (SLE)
1.000
1.000
0.000
0.000
0.000
0.000
0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

		_	
<b>Amount Pe</b>	r Serving		
Calories		280.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		280.00mg	
Carbohydra	ates	46.00g	
Fiber		3.00g	
Sugar		23.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Mini Maple Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32371
School:	Westwood Elementary		

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE MINI MAPL IW 72-2.65Z EGGO
 1 Package
 284811

### **Preparation Instructions**

No Preparation Instructions available.

Meal Compon	ents (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

00			
Amount Pe	r Serving		
Calories		190.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		210.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Mini Blueberry Waffles**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32373
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

### **Preparation Instructions**

No Preparation Instructions available.

Meal Compone Amount Per Serving	ents (SLE)
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

Servings Per Recipe: 1.00 Serving Size: 1.00 Package

<b>Amount Pe</b>	r Serving		
Calories		200.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		170.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.10mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

### **Mini French Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32374
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package		498442

### **Preparation Instructions**

No Preparation Instructions available.

/leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Package

<b>Amount Per</b>	Serving		
Calories		190.00	
Fat		4.50g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		210.00mg	
Carbohydra	ites	37.00g	
Fiber		3.00g	
Sugar		13.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Mini Chocolate Chip French Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32375
School:	Westwood Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	HEAT_AND_SERVE Preheat Convection oven to 350 ° SIngle layer on sheet pan lined with parchment paper. CCP: Heat in convection oven from frozen for 8-10 minutes. From thawed state 5 - 6 minutes CCP:Hold in warming unit for no longer than 3 hours	498492

#### **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 Package **Amount Per Serving Calories** 190.00 Fat 5.00g SaturatedFat 1.50g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 210.00mg Carbohydrates 35.00g Fiber 4.00g Sugar 10.00g **Protein** 4.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 260.00mg Iron 3.60mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

### **Whole Grain Donut**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32376
School:	Westwood Elementary		

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 DONUT SUP WGRAIN IW 80-1.9Z SUPBAK
 1 Each
 509942

### **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: 1.00 Serving Size: 1.00 Package

Amount Per Serving		
Calories	150.00	
Fat	5.00g	
SaturatedFat	1.50g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	190.00mg	
Carbohydrates	23.00g	
Fiber	1.00g	
Sugar	12.00g	
Protein	4.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 200.00mg	Iron	6.30mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Yogurt with Whole-grain Cinnamon Crisp**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32377
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CRISPS CINN 120-1.2Z NATVLLY	1 Package	READY_TO_EAT Ready to eat snack.	450322
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

### **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: 1.00 Serving Size: 1.00 Serving

Amount Per Serving		
Calories	220.00	
Fat	5.00g	
SaturatedFat	0.50g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	195.00mg	
Carbohydrates	39.00g	
Fiber	2.00g	
Sugar	19.00g	
Protein	7.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 100.00mg	Iron	0.90mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Cheese Omelet**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32378
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350ŰF, 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. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition	n Facts		
Servings Pe	r Recipe: 1.0	00	
Serving Size	: 1.00		
<b>Amount Pe</b>	r Serving		
Calories		110.00	
Fat		8.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholestero		165.00mg	
Sodium		230.00mg	
Carbohydra	ites	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	1.00mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Philly Cheesesteak**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32415
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	200 Ounce		593591
CHEESE AMER WHT 160CT SLCD 6-5 LOL	100 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	100 Each	READY_TO_EAT	276142

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Heat beefsteak according to package directions. Cover the meat and hold in warmer or steam table for assembly.
- 2. Spray a pot, braising pan or steam-jacketed kettle with pan release spray. Sauté the peppers and onions, stirring them frequently for 5 minutes or until tender. (Omit this step if using meat with peppers and onions) Sandwich assembly:

Place 24 bottom parts of hamburger buns on sheet pan, 4 down and 6 across.

Portion a #16 scoop (2oz) of sliced beef steak and ½ oz. cheese slice on each bun (slice the cheese on the diagonal and overlap the triangles of cheese).

Cover the meat and cheese with a #16 scoop of pepper mixture.

Replace the top part of the bun.

Wrap in foil, waxed paper, or plastic wrap.

Place each sandwich in steamable pans (12 x 20 x 2 ½) lined

Prepare in batches to maintain quality

Serve immediately, or cover pan with lid, foil, or plastic wrap until ready for service (If using foil, poke holes so steam can escape). Place the pan in warmer until service

Alternate instructions:

\*Sandwiches can be assembled on service line\*

#### **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		321.67	
Fat		15.00g	
SaturatedF	at	7.00g	
Trans Fat		0.33g	
Cholestero		25.83mg	
Sodium		756.67mg	
Carbohydra	ates	34.00g	
Fiber		2.67g	
Sugar		7.17g	
Protein		11.50g	
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	147.83mg	Iron	2.48mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **BBQ Chicken Sandwich**

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32416

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 5GAL SWTBRAY	9 Pound	6 cups	262595
CHIX DCD 1 60WHT 40DK 2-5 GCHC	300 Ounce		290599
BUN HAMB SLCD 4 10-12CT GCHC	150 Each		763233

# **Preparation Instructions**

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve. Use #16 scoop to serve 2 oz chicken on whole grain bun

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: 150.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		275.30	
Fat		3.30g	
SaturatedF	at	0.53g	
Trans Fat		0.00g	
Cholestero	I	45.33mg	_
Sodium		471.61mg	
Carbohydra	ates	41.23g	
Fiber		1.00g	_
Sugar		16.49g	_
Protein		21.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.55mg	Iron	2.53mg
*All reporting of TransFat is for information only, and is			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Cherry Blossom Chicken & Fried Rice**

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32417
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	780 Ounce	CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE CHICKEN ON A SHEET PAN AND BAKE FOR APPROXIMATELY 30 MINUTES. (THE CRISPIER THE BETTER.) FRYER: PLACE CHICKEN PIECES IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. HEAT SAUCE SPEARATELY TO BOIL. COMBINE CHICKEN AND SAUCE, MIX WELL UNTIL CHICKEN IS COATED.	653342
RICE FRIED VEG WGRAIN 6-5.16 MINH	800 Ounce	Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

# **Preparation Instructions**

Prepare Chicken according to package instructions.

Prepare rice according to package instructions.

Serve chicken using #8 scoop (4 oz.)

Serve rice using #8 scoop (4 oz)

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.856
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

#### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		383.05	
Fat		5.69g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		648.31mg	
Carbohydra	tes	63.61g	
Fiber		4.71g	
Sugar		16.03g	
Protein		17.07g	
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	6.78mg	Iron	1.73mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Veggie Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32424

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice		861940
SEASONING FRENCH FRY RANCH 15Z LAWR	1/4 Teaspoon		494364
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE CREAM LOAF SFT 6-3 PHIL	1 1/2 Ounce		124910
LETTUCE SALAD MXD 4-5 RSS	1/4 Cup		206504
CUCUMBER SELECT 6CT MRKN	3 Slice		592323

# **Preparation Instructions**

Wash hands and put on gloves

Lay out tortilla shells on on work table

Mix cream cheese ranch and dressing, and spread 1/8 cup on each shell

Place 2 slices of cheese on shell, 3 slices cucumber. Mix remaining veggies & put 1 cup on top

Roll and cut in half, place in container and add one cheese stick

Keep refrigerated

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.500
OtherVeg	0.426
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving	
Calories	584.31
Fat	33.69g
SaturatedFat	20.55g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1259.74mg
Carbohydrates	46.03g
Fiber	4.16g
Sugar	9.89g
Protein	20.31g
<b>Vitamin A</b> 5876.87IU	Vitamin C 28.68mg
Calcium 443.68mg	Iron 2.41mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## Lasagna Roll-Up

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32442
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	100 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375*F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES	234041
BREAD GARL TX TST SLC 12-12CT GCHC	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910

## **Preparation Instructions**

Wash hands prior to beginning production.

Preheat oven to 375\*F

Prepare Lasagna Roll-ups according to package instructions.

Prepare Garlic Bread.

Serve 1 Roll-up with 1 Slice Garlic Bread

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.750
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 Each

<b>Amount Pe</b>	r Serving		
Calories		400.00	
Fat		15.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		670.00mg	
Carbohydra	ates	46.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		18.00g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	306.00mg	Iron	2.08mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## Lasagna Roll-Up

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32443
School:	Westwood Elementary		

#### Ingredients

DescriptionMeasurementPrep InstructionsDistPart #LASAGNA ROLL-UP<br/>WGRAIN 110-4.3ZIN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM<br/>PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE.<br/>SEAL PAN WITH FOIL BAKE IN OVEN AT 375\*F FOR 35-40<br/>MINUTES FROZEN OR 25-30 MINUTES234041

#### **Preparation Instructions**

Wash hands prior to beginning production.

Preheat oven to 375\*F

Prepare Lasagna Roll-ups according to package instructions.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### Serving Size: 1.00 Each **Amount Per Serving Calories** 240.00 Fat 6.00g **SaturatedFat** 3.50g **Trans Fat** 0.00g Cholesterol 20.00mg **Sodium** 390.00mg Carbohydrates 29.00g **Fiber** 2.00g 5.00g Sugar **Protein** 15.00g Vitamin A 400.00IU Vitamin C 6.00mg

**Nutrition Facts** 

**Calcium** 

Servings Per Recipe: 100.00

Iron

1.08mg

300.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### Mini Ravioli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32444
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	100 Each		152131
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	300 Ounce		573201

#### **Preparation Instructions**

Wash and dry hands prior to preparation.

Preheat convection oven to 375 degrees.

Using a full hotel pan, spray the bottom and sides with non-stick cooking spray.

Pour 3 cups of room temperature sauce into bottom of pan and spread to cover.

Place 5 pounds of frozen ravioli and cover with 5 cups of room temperature marinara sauce to cover.

Lightly apply non-stick cooking spray to bottom of aluminum foil and cover the pan tightly.

Bake for approximately 50 min or until reaching internal temperature of 165 degrees F for at least 15 seconds.

Thaw Meat Sauce and heat to 165 for a minimum of 15 seconds.

Alternate instructions:

Heat an appropriate amount of water to a full boil.

Use 3 quarts of water for each 1 pound of ravioli.

Add frozen ravioli to the boiling water.

Gently stir ingredients, initially and periodically to prevent sticking.

Boil the mini ravioli for approximately 3-4 minutes. The ravioli will begin to float.

Cook all thoroughly to 165 degrees F.

Can hold at 145 prior to service for up to 1 hour.

7 Ravioli + 3 oz Meat Sauce = 2 oz meat meat alternate

# Meal Components (SLE) Amount Per Serving

Meat	2.071
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.268
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	349.46
Fat	8.75g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	44.46mg
Sodium	525.36mg
Carbohydrates	43.82g
Fiber	7.07g
Sugar	7.75g
Protein	22.04g
Vitamin A 346.61IU	Vitamin C 10.18mg
Calcium 123.57mg	Iron 2.15mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Tex-Mex Tachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32445
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	300 Ounce	3 oz = 2M 1 case = 160 / 3 oz servings PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
ONION RED JUMBO 10 MRKN	5 Pound	Diced	596973
PASTRY MEX CHURRO APPL 5" 100CT J&J	200 Each		668731
POTATO TATER TOTS 6-5 OREI	400 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	200 Ounce	2 oz = 1 M	722110
BEAN BLACK 6-10 GRSZ	100 Cup		557714
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	100 Cup		242489

#### **Preparation Instructions**

- 1. Cook Tater tots according to manufacturer's instructions, until crisp and golden.
- 2. Cook Taco beef according to manufacturer's instructions. CCP: Heat to 165 F or higher.
- 3. Cook Cheese sauce according to manufacturer's instructions. CCP: Heat to 155 F or higher.
- 4. To serve, place 4 oz (1/2) of tater tots in a nacho boat (#537393). Top with 3 oz taco meat and 1 oz cheese

#### sauce.

5. Offer 1/4 c Black Beans (or fiesta beans)

Let students top with diced tomato, shredded lettuce, and diced onions.

1.000 0.794

Serve with 2 Churros - High School only

Legumes

Starch

Amount Per Serving	ents (SLE)
Meat	2.893
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.700

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		1034.02	
Fat		33.67g	
SaturatedF	at	12.89g	
Trans Fat		0.28g	
Cholestero	ol	61.18mg	
Sodium		2084.29mg	
Carbohydr	ates	131.53g	
Fiber		20.57g	
Sugar		21.69g	
Protein		42.23g	
Vitamin A	0.46IU	Vitamin C	7.39mg
Calcium	416.53mg	Iron	10.12mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

<sup>\*\*</sup>Allergens: Milk, Soy.

## **Tex-Mex Tachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32446
School:	McCormick Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	200 Ounce	3 oz = 2M 1 case = 160 / 3 oz servings PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
ONION RED JUMBO 10 MRKN	5 Pound	Diced	596973
PASTRY MEX CHURRO APPL 5" 100CT J&J	100 Each		668731
POTATO TATER TOTS 6-5 OREI	400 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	100 Ounce	1 oz = 0.5 M	722110
BEAN BLACK 6-10 GRSZ	100 Cup		557714
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	100 Cup		242489
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce		786543

## **Preparation Instructions**

1. Cook Tater tots according to manufacturer's instructions, until crisp and golden.

- 2. Cook Taco beef according to manufacturer's instructions. CCP: Heat to 165 F or higher.
- 3. Cook Cheese sauce according to manufacturer's instructions. CCP: Heat to 155 F or higher.
- 4. To serve, place 4 oz (1/2) of tater tots in a nacho boat (#537393). Top with 2 oz taco meat and 1 oz cheese sauce.
- 5. Offer 1/4 c Black Beans

Let students top with diced tomato, shredded lettuce, and diced onions.

Serve with 1 Churro

\*\*Allergens: Milk, Soy.

Meal Compone Amount Per Serving	ents (SLE)
Meat	1.762
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.085
OtherVeg	0.700
Legumes	1.000
Starch	0.794

<b>Nutrition Facts</b>					
Servings Pe	Servings Per Recipe: 100.00				
Serving Size	e: 1.00 Each				
Amount Pe	r Serving				
Calories		777.60			
Fat		22.35g			
SaturatedF	at	7.52g			
<b>Trans Fat</b>		0.19g			
Cholestero	ı	35.95mg			
Sodium	<b>Sodium</b> 1697.76mg				
Carbohydra	ates	104.46g			
Fiber		18.89g			
Sugar		13.07g			
Protein		32.84g			
Vitamin A	0.46IU	Vitamin C	7.39mg		
Calcium	285.79mg	Iron	8.40mg		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## Peanut Butter and Jelly Sandwich W/Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32448

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	2 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	2 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

#### **Preparation Instructions**

Wash hands prior to production.

To assemble, use two slices whole-grain bread 2 TBSP peanut butter, and 2 TBSP Jelly. Serve with yogurt cup.

Meal Compon Amount Per Serving	ents (SLE)
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 Serving

Amount Pe	r Serving		
Calories		490.00	
Fat		17.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		400.00mg	
Carbohydra	ates	72.00g	
Fiber		6.00g	
Sugar		38.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.50mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## 3 Cheese Cavatappi with Bacon

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32449
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	600 Ounce	Thaw	149193
BACON CRUMBLES CKD 12-20Z GCHC	100 Tablespoon		791252
ROLL DNNR WHEAT IW 144CT BNBSKT	100 Each		617310

## **Preparation Instructions**

Add thawed Cavatappi-8 bags, to 2 steam table pans.

Heat in steam for 20 minutes or until reached 135 degrees or higher.

Stir, then stir in 1/2# bacon crumbles.

Hold in warmer until ready to serve.

6 Oz serving. #5 scoop.

Serve with 1 whole grain roll

#### **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: 100.00 Serving Size: 6.00 Ounce

Amount Pe	r Serving		
Calories		429.00	
Fat		18.50g	
SaturatedF	at	9.20g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		1061.00mg	
Carbohydra	ates	45.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		23.00g	
Vitamin A	616.00IU	Vitamin C	0.00mg
Calcium	413.63mg	Iron	1.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

Calories		252.21	
Fat		10.88g	
SaturatedF	at	5.41g	
Trans Fat		0.00g	
Cholestero	I	32.33mg	
Sodium		623.76mg	
Carbohydra	ates	26.46g	
Fiber		1.76g	
Sugar		2.35g	
Protein		13.52g	
Vitamin A	362.15IU	Vitamin C	0.00mg
Calcium	243.17mg	Iron	1.15mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## 3 Cheese Cavatappi with Bacon MMS

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32450
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	600 Ounce	Thaw	149193
BACON CRUMBLES CKD 12-20Z GCHC	100 Tablespoon		791252

## **Preparation Instructions**

Add thawed Cavatappi-8 bags, to 2 steam table pans.

Heat in steam for 20 minutes or until reached 135 degrees or higher.

Stir, then stir in 1/2# bacon crumbles.

Hold in warmer until ready to serve.

6 Oz serving. #5 scoop.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
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: 100.00 Serving Size: 6.00 Ounce			
<b>Amount Pe</b>	r Serving		
Calories		339.00	
Fat		17.50g	
SaturatedF	at	9.20g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		911.00mg	_
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A	616.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	1.00mg
*All reporting of TransFat is for information only, and is			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g			
Calories		199.30	
Fat		10.29g	
SaturatedF	at	5.41g	
Trans Fat		0.00g	
Cholestero	I	32.33mg	
Sodium		535.58mg	
Carbohydra	ates	16.46g	
Fiber		1.18g	
Sugar		1.76g	
Protein		11.76g	
Vitamin A	362.15IU	Vitamin C	0.00mg
Calcium	225.75mg	Iron	0.59mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## Ham & Cheese Melt on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32451
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRTZL WGRAIN 120- 2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TURKEY HAM UNCURED 6- 2 JENNO	2 Ounce	Approximately 4 slices per sandwich (use scale to measure)	690041

#### **Preparation Instructions**

- 1. Place 2 oz lunchmeat (about 2-3 slices) on the pretzel bun.
- 2. Place 1 slice of cheese on top of meat.
- 3. Place lid on bun.
- 4. Toast until bun is warm and slightly crisp.
- 5. Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.
- \*\*Allergens: Milk, Soy, Wheat

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.865
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

<b>Amount Per</b>	Serving		
Calories		303.74	
Fat		9.78g	
SaturatedFa	t	3.62g	
Trans Fat		0.00g	
Cholesterol		45.04mg	
Sodium		480.73mg	
Carbohydrat	es	36.05g	
Fiber		3.00g	
Sugar		5.87g	
Protein		17.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	2.88mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Bavarian Ham Sandwich on a Pretzel Bun - Cold

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32453
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRTZL WGRAIN 120- 2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TURKEY HAM UNCURED 6- 2 JENNO	3 Ounce	Approximately 4 slices per sandwich (use scale to measure)	690041
LETTUCE ICEBERG FS 4- 6CT MRKN	1 Slice		307769
TOMATO 6X6 LRG 10 MRKN	1 Slice		199001

## **Preparation Instructions**

- 1. Place 3 oz of lunchmeat on the pretzel bun.
- 2. Place 1 slice of cheese on top of meat.
- 3. Place Lettuce & Tomato on top of cheese.
- 4. Place lid on bun.
- \*\*Allergens: Milk, Soy, Wheat

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.548
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.063
OtherVeg	1.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		362.16	
Fat		12.22g	
SaturatedFa	at	4.31g	
Trans Fat		0.00g	
Cholestero		63.81mg	
Sodium		609.73mg	
Carbohydrates		39.95g	
Fiber		4.28g	
Sugar		8.17g	
Protein		22.01g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	118.25mg	Iron	3.18mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Chicken Tender Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32454
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	4 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	3lb, 2 oz.	150250
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
CHIX TNDR WGRAIN FC 4-8 TYS	3 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.	283951
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

#### **Preparation Instructions**

#### Directions:

- 1. Cook Chicken Tenders according to package instruction (Hint: Use leftover chicken tenders from service day before)
- 2. Cut meat into bite sized pieces. Cover with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

<sup>\*</sup>Wash hands thoroughly to prevent cross contamination before starting food preparation

<sup>\*</sup>Wash all produce thoroughly and dry

Place greens into the refrigerator until ready for the salad assembly.

Salad Preparation:

In a plastic salad take out container, place the lettuce mix. 2 Cups

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Place cut chicken pieces in center.

Place cheese in center (1/2 oz serving size).

Label and date

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	2.353
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	er Serving		
Calories		439.61	
Fat		18.38g	
SaturatedF	at	4.03g	
Trans Fat		0.00g	
Cholestero	ol	32.50mg	
Sodium		600.00mg	
Carbohydr	ates	41.21g	
Fiber		9.33g	
Sugar		8.21g	
Protein		24.68g	
Vitamin A	2888.50IU	Vitamin C	21.53mg
Calcium	217.25mg	Iron	5.17mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Red White and Blue Yogurt Parfait WHS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32458
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	2/3 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF 4-5 GCHC	1/4 Cup		166720
STRAWBERRY 8 MRKN	1/4 Cup		212768
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
CRACKER GRHM TEDDY CINN 15075Z	1 Package		509965

#### **Preparation Instructions**

Wash hands prior to preparation

Use12 oz. Plastic Cup #747943

Assemble Parfait:

2 oz. Blueberries

3 oz. Vanilla Yogurt

2 oz. Strawberries

3 oz. Vanilla Yogurt

Serve with one packet of granola and 1 packet whole grain teddy grahams

\*Can use fresh or frozen produce based on availability

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.418
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

<b>Amount Per Servin</b>	g
Calories	393.69
Fat	7.63g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.44mg
Carbohydrates	75.35g
Fiber	4.62g
Sugar	38.51g
Protein	9.55g
Vitamin A 5.14IU	Vitamin C 25.16mg
Calcium 316.85r	ng <b>Iron</b> 1.47mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Caesar Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32459
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4- 8 TYS	3 Piece	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.	283951
CHEESE PARM PKT 200- 3.5GM GCHC	1 Each		254959
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045

#### **Preparation Instructions**

Wash hands prior to preparation.

Prepare chicken according to package directions. (Hint: if possible, use leftover chicken from menu day before).

1 cup romaine lettuce in Caesar dressing packet. Set aside.

Place 3 chicken tenders, 1 cup Romaine lettuce, and Parm cheese in wrap.

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

•	n Facts er Recipe: 1.00 e: 1.00 Each	)	
Amount Pe	r Serving		
Calories		595.00	
Fat		25.00g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		1265.00mg	
Carbohydra	ates	69.00g	
Fiber		6.00g	
Sugar		3.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	173.00mg	Iron	5.36mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Chicken Caesar Salad WHS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32462
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE PARM SHRD FCY 10-2 PG	1 Ounce		460095
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce		903490
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022

#### **Preparation Instructions**

Wash hands prior to preparation

Heat chicken to internal temp of 165\*F

Prepare salad with 2 cups Romaine Lettuce, 1/4 cup tomatoes, 1.00 oz parm cheese, 1 pkg crouton

+ 1 package whole-grain to-go item (teddy grahams/goldfish)

chicken; none 2.80 ounces= 2 M/MA

Parmesan; milk 1.50 ounces = 1 Dairy or M/MA

grape tomato; none 7 large=1/4 cup

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.500
Grain	0.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		286.86	
Fat		13.02g	
SaturatedF	at	5.86g	
Trans Fat		0.00g	
Cholestero	I	91.67mg	
Sodium		1098.92mg	
Carbohydra	ates	15.17g	
Fiber		1.59g	
Sugar		2.29g	
Protein		28.11g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	288.51mg	Iron	1.71mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Deli Trio Sub**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32463
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	1/4 Cup		492241
TOMATO 5X6 XL 5 MRKN	2 Slice		438197

## **Preparation Instructions**

Wash hands prior to preparation.

Wash vegetables according to HACCP.

To assemble:

Layer 2 slices of each type of meat (salami, bologna, and ham)

1 slice of cheese on each sub bun

2 slices Tomato

1/4 cup shredded Lettuce

Serve with choice of condiment

# Meal Components (SLE) Amount Per Serving

Meat	2.534
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.125
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		342.12	
Fat		13.75g	
SaturatedF	at	4.32g	
Trans Fat		0.00g	
Cholestero	I	70.55mg	
Sodium		1073.44mg	
Carbohydra	ates	32.77g	
Fiber		2.55g	
Sugar		5.75g	
Protein		21.10g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	210.73mg	Iron	3.22mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Breakfast Cereal Variety**

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32617
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package		676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
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: 5.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		198.00	
Fat		3.50g	
SaturatedFa	it	0.40g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		185.00mg	
Carbohydra	tes	40.20g	
Fiber		2.40g	
Sugar		13.60g	
Protein		2.40g	
Vitamin A	470.00IU	Vitamin C	53.28mg
Calcium	88.00mg	Iron	3.74mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Assorted Breakfast Bars**

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32619
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
BAR CEREAL COCOPUFF WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL GLDN GRHM WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

## **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

<b>Amount Pe</b>	r Serving		
Calories		168.00	
Fat		4.20g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		97.00mg	
Carbohydra	ates	30.40g	
Fiber		2.80g	
Sugar		10.20g	
Protein		2.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.40mg	Iron	1.68mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Yogurt Cup**

Servings:	3.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32620
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to eat single serving	551741
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
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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: 3.00

Serving Size: 1.00

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<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Assorted Applesauce**

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32621
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE CUP-96/4.5	1 Each	READY_TO_EAT Applesauce can be consumed right from the single- serve container, chilled or at room temperature.	527682
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580

# **Preparation Instructions**

No Preparation Instructions available.

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: 6.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		17.33g	
Fiber		1.17g	
Sugar		15.17g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Whole Grain Muffin Assortment**

Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32622
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW 60- 1.94Z	1 Each	BAKE	279991
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOCOLATE CHP WGRAIN IW 96- 2Z	1 Each		273681

# **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**

Serving Size: 1.00

Serving Size	9: 1.00				
<b>Amount Pe</b>	r Serving				
Calories		187.50			
Fat		7.75g			
SaturatedF	at	2.13g			
Trans Fat		0.00g			
Cholestero		31.25mg			
Sodium		168.75mg	168.75mg		
Carbohydra	ates	27.75g			
Fiber		0.75g			
Sugar		14.50g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	17.75mg	Iron	0.93mg		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

# **BLT Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32623
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	0/1 Cup		429406
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Cup		720526
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
BACON CKD THN SLCD 3-100CT GFS	4 Slice		874124
CHEESE CHED MLD SHRD 4-5 LOL	3 Ounce		150250
TOMATO 6X6 LRG 10 MRKN	1/4 Cup		199001

#### **Preparation Instructions**

Directions:

CCP-WASH HANDS. WASH ALL FRESH, UNPACKAGED PRODUCE UNDER RUNNING WATER; DRAIN WELL.

- 1. Spread 1 1/2 TBSP of Mayonnaise Dressing on the bottom 1/4 of the bread laying north to south.
- 2. Layer over the dressing evenly moving from left to right: 3 oz.. cheese, 4 slice bacon,1/2 c. lettuce, 1/4 c. each of tomatoes
- 3. Roll up starting at the south end moving to the north end. Cut in half and serve.

NSLP meal pattern info: 1 sandwich provides= 2.25 oz meat, 1.5 oz eq grain, 1/4 c. dark green veg., 1/4 c. red/orange veg., and 3/8 c. other veg.

Notes: CCP- Pull frozen commodity turkey ham and flour tortillas from freezer the day before use and thaw under refrigeration, CCP-When wraps are completed store at 40 degrees or lower until needed.

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Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.085
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		498.28	
Fat		35.24g	
SaturatedF	at	14.33g	
Trans Fat		0.04g	
Cholestero	I	58.73mg	
Sodium		793.38mg	
Carbohydra	ates	26.58g	
Fiber		2.64g	
Sugar		1.38g	
Protein		18.22g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	314.44mg	Iron	1.36mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

# Chicken Quesadilla w/ Cilantro Lime Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32669
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	100 Each	BAKE	231750
RICE CILANT LIM 4-4 SANDR	25 Cup		674412
SOUR CREAM 4-5 GCHC	100 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SALSA 103Z 6-10 REDG	150 Ounce	READY_TO_EAT None	452841

# **Preparation Instructions**

Prepare Quesadilla according to package instructions.

Prepare Cilantro Rice according to package instructions.

Serve 1 Quesadilla with 1/4 cup rice (2 oz.), 1.5 oz. salsa and 1 oz. sour cream if desired

	<u> </u>
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		465.00	
Fat		15.25g	
SaturatedF	at	5.50g	
Trans Fat		0.00g	
Cholestero	l	35.00mg	
Sodium		1004.00mg	
Carbohydr	ates	63.50g	
Fiber		4.50g	
Sugar		6.00g	
Protein		19.50g	
Vitamin A	100.00IU	Vitamin C	0.60mg
Calcium	250.00mg	Iron	4.60mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

### Side Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32671
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT SUPER 45 MRKN	25 Cup		198587
LETTUCE SALAD MXD 4-5 RSS	100 Cup		206504

#### **Preparation Instructions**

Wash hands prior to preparation
WASH ALL PRODUCE in cold water
Utilize Salad Spinner for Lettuce
Wash and Slice cucumber
Mix into salad greens
Portion - 1 cup Salad Blend
Offer Choice of Dressing

Meal	Co	mp	onent	ts (	SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.202
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		40.05	
Fat		0.03g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		38.35mg	
Carbohydra	ates	8.12g	
Fiber		3.88g	
Sugar		4.06g	
Protein		3.88g	
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	47.79mg	Iron	0.04mg
·			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

#### **Chef Salad WW**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32675
School:	Westwood Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	100 Ounce	6Lb, 4 oz	202150
TURKEY DCD 60WHT 40DK CKD 4-5 PERD	100 Ounce	6lb, 4 oz	210242
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	100 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	100 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	400 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce	3lb, 2 oz.	150250
1.75oz Dinner Roll	100 Each	READY_TO_EAT	DBDR272
TOMATO GRAPE SWT 10 MRKN	400 Each		129631
EGG HARD CKD PLD DRY PK 12-12CT PAP	50 Each		853800

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

#### Directions:

- 1. Defrost turkey ham and smoked turkey in refrigerator. (Skip this step if not using frozen product)
- 2. Cover the meat with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

Place greens into the refrigerator until ready for the salad assembly.

6. Dice turkey and ham (skip this step if using pre-diced meat products).

#### Salad Preparation:

In a plastic salad take out container, place the lettuce mix. 2 Cups

<sup>\*</sup>Wash all produce thoroughly and dry

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Placed the diced turkey ham on the left portion of the salad. 1 oz. ham

Place the diced turkey on the right portion of the salad 1 oz. turkey

Place 1/2 Hard Cooked Egg on one side

Place cheese in center (1/2 oz serving size).

Label and date

Serve with WG roll or single serving WG goldfish 745481

Meal Components (SLE)  Amount Per Serving	
Meat	1.664
Grain	2.000
Fruit	0.000
GreenVeg	2.353
RedVeg	0.250
OtherVeg 0.250	
Legumes 0.000	
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Oct ving Oize. 1.00	
<b>Amount Per Serving</b>	
Calories	38869.80
Fat	1495.50g
SaturatedFat	577.39g
Trans Fat	0.00g
Cholesterol	13828.90mg
Sodium	64627.91mg
Carbohydrates	3795.59g
Fiber	633.09g
Sugar	1103.92g
Protein	2350.42g
Vitamin A 288850.00IU	Vitamin 2219.45mg
<b>Calcium</b> 23487.41mg	<b>Iron</b> 437.64mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

### **Beef Taco**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32681
School:	Wellington High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	317 Ounce	1 oz per shell (2TBSP, #30 scoop)	722330
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543
TORTILLA CORN 6 THIN 6-120 GRSZ	300 Each		728341

# **Preparation Instructions**

CCP: Heat to 155  $^{\circ}$  F for at least 15 seconds.

Cook Meat according to package instructions.

Serving:

3 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.797
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Each

Amount Per	Serving		
Calories		290.60	
Fat		10.43g	
SaturatedFat		4.80g	
Trans Fat		0.29g	
Cholesterol		49.00mg	
Sodium		390.70mg	
Carbohydrate	es	31.50g	
Fiber		4.92g	
Sugar		4.08g	
Protein		18.72g	
Vitamin A 0	).00IU	Vitamin C	0.00mg
Calcium 1	87.75mg	Iron	2.97mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Chili Mac IMPORTED

Servings:	80.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32686

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	480 Ounce	480 oz. = 1 case. Fully prepared product. Heat from a thawed state. See package for detailed preparation. Unopened pouch can be heated in steamer or boiling water until internal temperature reaches 165°F (about 35 - 40 min). Maintain hot holding temperature at 145°F. Use caution when opening pouch since product is very hot.	527582
CHILI BEEF W/BEAN 6-5 COMM	480 Ounce	480 oz. = 1 case. KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

### **Preparation Instructions**

- 1. Prepare both the chili and macaroni according to manufacturer's instructions. CCP: Heat to internal temperature of 165 F.
- 2. Mix the chili and macaroni bags together (1:1 ratio\*) in large hotel pan(s) until well-combined. CCP: Hold for hot service at 145 F or above.
- \*For 80 servings, use whole case of each; for 40 servings; use 3 bags of each; for 160 servings, use 2 full cases; etc.

<sup>\*\*</sup>Allergens: Wheat, Milk, Egg, Soy

Meat	3.873
Grain	0.825
Fruit	0.000
GreenVeg	0.000
RedVeg	0.391
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 1.25 Cup

	•		
Amount Pe	er Serving		
Calories		427.03	
Fat		15.71g	
SaturatedF	at	7.03g	
Trans Fat		0.00g	
Cholestero	l	58.30mg	
Sodium		896.71mg	
Carbohydr	ates	43.82g	
Fiber		5.44g	
Sugar		11.09g	
Protein		29.88g	
Vitamin A	1288.51IU	Vitamin C	19.55mg
Calcium	451.79mg	Iron	3.79mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

#### **Ground Beef and Macaroni**

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32687
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED 18-2.25 GCHC	0 Cup		350732
PASTA ELBOW MACAR 51 WGRAIN 2-10	1/8 Pound		229941
BEEF GRND 77/23 TUBES 6-5 GCHC	1/6 Pound		293733
ONION DCD 1/2 2-5 RSS	0/1 Pound		426059
TOMATO PASTE 26 6-10 GCHC	0/1 Quart		100196
TOMATO DCD MW RECIPE 6-10 GCHC	0/1 Quart		316571
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	0/1 Quart		110611
SPICE PEPR BLK REST GRIND 16Z TRDE	0/1 Tablespoon		225061
SPICE GARLIC GRANULATED 7.25 TRDE	0/1 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	0/1 Tablespoon		126993
CHEESE CHED MLD SHRD 4-5 LOL	0/1 Quart		150250

#### **Preparation Instructions**

#### Directions:

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

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

Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Pour into steamtable pans (12" x 20 " x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.

CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoops (6 oz) per serving.

#### Notes:

- 1: Comments:
- 2: \*See Marketing Guide.
- 3: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and
- 4: Seasoning Mixes) may be used to
- 5: replace these ingredients. For
- 6: 50 servings, use 1/4 cup 1 1/2 tsp
- 7: Mexican Seasoning Mix. For 100
- 8: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.
- 9: Variation:
- 10: A. Ground Beef and Macaro
- 11: ni (With Italian Seasoning)
- 12: 50 servings: Follow steps 1-3. In st
- 13: ep 4, omit season
- 14: ings (chili powder,
- 15: ground cumin, paprika, and onion
- 16: powder). Use ½ cup 2 Tbsp Italian
- 17: Seasoning Mix (see G-01, Sa
- 18: uces, Gravies, and Season
- 19: ing Mixes) or 3 Tbsp 2
- 20: tsp dried basil, 3 Tbsp 2 tsp dried oreg
- 21: ano, 2 Tbsp 2 tsp
- 22: dried marjoram, and
- 23: 1 1/2 tsp dried thyme. Co
- 24: ntinue with steps 5-7.
- 25: 100 servings: Follow steps
- 26: 1-3. In step 4, omit se
- 27: asonings (chili powder,
- 28: ground cumin, paprika, and onion powder). Use 1 1/4 cups Italian Seasoning
- 29: Mix (see G-01, Sauces, Gr
- 30: avies, and Seasoning Mixes)
- 31: or 1/4 cup 3 Tbsp dried
- 32: basil, ¼ cup 3 Tbsp dried oregano, ¼
- 33: cup 1 Tbsp dried marjoram, and 1 Tbsp
- 34: dried thyme. Contin
- 35: ue with steps 5-7.
- 36: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

#### **Meal Components (SLE)**

Amount Per Serving

	<u> </u>
Meat	3.040
Grain	1.920
Fruit	0.000
GreenVeg	0.000
RedVeg	0.320
OtherVeg	0.061
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 6.00 Ounce

Amount Pe	r Serving		
Calories		539.97	
Fat		27.28g	
SaturatedF	at	8.72g	
Trans Fat		1.02g	
Cholestero	l	70.80mg	
Sodium		4716.14mg	
Carbohydra	ates	51.80g	
Fiber		4.72g	
Sugar		6.48g	
Protein		28.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	128.30mg	Iron	2.65mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

Calories		317.45	
Fat		16.04g	
SaturatedF	at	5.13g	
Trans Fat		0.60g	
Cholestero		41.62mg	
Sodium		2772.62mg	
Carbohydra	ates	30.45g	
Fiber		2.77g	
Sugar		3.81g	
Protein		16.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.43mg	Iron	1.56mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# Pepperoni Calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32704

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80- 5Z	1 Each		135191
SAUCE MARINARA 6-10 REDPK	1 Ounce	READY_TO_EAT None	502181

# **Preparation Instructions**

Wash hands prior to preparation

\*Slack and thaw product prior to production for best quality

Preheat oven to 350\*F

Place calzones on sheet pan leaving a 1-2 in gap in between calzones

Cook for 10-12 minutes or until reaching 165\*F internal cooking temp

Cooked product should be golden brown in appearance

Serve 1 each Calzone

1 oz marinara sauce

### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		297.50	
Fat		11.38g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		623.75mg	
Carbohydra	ates	35.00g	
Fiber		3.50g	
Sugar		8.00g	
Protein		19.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	367.00mg	Iron	2.25mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Macaroni with Meatsauce**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32712
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	200 Ounce	READY_TO_EAT None	592714
CHEESE PARM PKT 200-3.5GM GCHC	100 Each	Garnish	254959
BEEF GRND 80/20 PURE FZ 3-10 GCHC	200 Ounce		510599
PASTA ELBOW MACAR 51 WGRAIN 2-10	67 Cup		229941

# **Preparation Instructions**

- 1. Prepare pasta to al-dente. Mix in marinara and cover. Hold for service.
- 2. Brown ground beef. Mix in marinara sauce. Cover and cook until reaching minimum temp of 165\*F for 15 seconds.

Remove from heat and cover.

To Serve:

- 4. Portion #6 scoop of pasta ( 2/3 c) & top with 2 oz meat & #16 scoop of sauce
- 5. Offer with Parmesan cheese

	,
Meat	1.500
Grain	10.720
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
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	1198.40		
Fat	18.11g		
SaturatedFat	5.00g		
Trans Fat	0.75g		
Cholesterol	45.00mg		
Sodium	287.50mg		
Carbohydrates	223.76g		
Fiber	22.44g		
Sugar	18.58g		
Protein	39.52g		
Vitamin A 0.00IU	Vitamin C 0.00mg		
Calcium 104.10mg	<b>Iron</b> 11.22mg		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Macaroni with Meatsauce HS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32713

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	200 Ounce	READY_TO_EAT None	592714
CHEESE PARM PKT 200-3.5GM GCHC	100 Each	Garnish	254959
BEEF GRND 80/20 PURE FZ 3-10 GCHC	300 Ounce		510599
PASTA ELBOW MACAR 51 WGRAIN 2-10	67 Cup		229941

# **Preparation Instructions**

- 1. Prepare pasta to al-dente. Mix in marinara and cover. Hold for service.
- 2. Brown ground beef. Mix in marinara sauce. Cover and cook until reaching minimum temp of 165\*F for 15 seconds.

Remove from heat and cover.

To Serve:

- 4. Portion #6 scoop of pasta ( 2/3 c) & top with 3 oz meat & #16 scoop of sauce
- 5. Offer with Parmesan cheese

Meat	2.250
Grain	10.720
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
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	1268.40			
Fat	23.61g			
SaturatedFat	7.00g			
Trans Fat	1.13g			
Cholesterol	65.00mg			
Sodium	306.25mg			
Carbohydrates	223.76g			
Fiber	22.44g			
Sugar	18.58g			
Protein	39.52g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 104.10mg	<b>Iron</b> 11.22mg			

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# French Toast Stick Lunch HS

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32715
School:	Wellington High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300867Z PAP	4 Each		646222
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each	BAKE	160090
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package		728760

# **Preparation Instructions**

Wash hands prior to preparation.

Heat French Toast Sticks according to package instructions.

Heat Sausage according to package instructions.

To Serve:

4 Each French Toast Sticks

1 Each Sausage Patty

Serve with 1 package teddy grahams

Meat	2.333
Grain	2.333
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 Each

Amount Per Serving				
Calories		513.33		
Fat		12.67g		
SaturatedF	at	2.33g		
Trans Fat		0.00g		
Cholestero	I	170.00mg		
Sodium		540.00mg		
Carbohydra	ates	82.67g		
Fiber		3.67g		
Sugar		36.67g		
Protein		18.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	204.67mg	Iron	2.49mg	

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

# **Beef Taco Soft Shell MMS/WW**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32727
School:	McCormick Middle School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	200 Ounce	1 oz per shell (2TBSP, #30 scoop)	722330
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543
TORTILLA CORN 6 THIN 6-120 GRSZ	300 Each		728341

# **Preparation Instructions**

CCP: Heat to 155  $^{\circ}$  F for at least 15 seconds.

Cook Meat according to package instructions.

Serving:

2 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

1.762
1.688
0.000
0.000
0.749
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

<b>Amount Pe</b>	r Serving		
Calories		248.86	
Fat		8.65g	
SaturatedF	at	4.14g	
Trans Fat		0.18g	
Cholestero	I	36.45mg	
Sodium		281.56mg	
Carbohydra	ates	29.65g	
Fiber		4.18g	
Sugar		3.35g	
Protein		13.99g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	169.30mg	Iron	2.24mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

# Pulled Pork Soft Taco MMS/WW

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32728
School:	McCormick Middle School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543
TORTILLA CORN 6 THIN 6-120 GRSZ	200 Each		728341
PORK PULLED BBQ LO SOD 4-5 BROOKWD	200 Ounce		498702

# **Preparation Instructions**

CCP: Heat to 155  $^{\circ}$  F for at least 15 seconds.

Cook Meat according to package instructions.

Serving:

2 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

Meat	1.500
Grain	1.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

<b>Amount Pe</b>	r Serving		
Calories		255.00	
Fat		9.25g	
SaturatedF	at	4.25g	
Trans Fat		0.00g	
Cholestero	I	47.50mg	
Sodium		220.00mg	
Carbohydra	ates	26.50g	
Fiber		2.17g	
Sugar		1.83g	
Protein		15.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	127.00mg	Iron	0.74mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

# **Pulled Pork Soft Taco WW**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32730
School:	Westwood Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	200 Each		714350
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543
TORTILLA CORN 6 THIN 6-120 GRSZ	300 Each		728341
PORK PULLED BBQ LO SOD 4-5 BROOKWD	200 Ounce		498702

### **Preparation Instructions**

CCP: Heat to 155 ° F for at least 15 seconds. Cook Meat according to package instructions.

Serving:

2 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

Meat	1.500
Grain	2.688
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

<b>Amount Pe</b>	r Serving		
Calories		392.50	
Fat		14.29g	
SaturatedF	at	4.92g	
Trans Fat		0.00g	
Cholestero	ı	47.50mg	
Sodium		220.00mg	
Carbohydra	ates	47.83g	
Fiber		4.25g	
Sugar		2.08g	
Protein		17.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	151.08mg	Iron	0.99mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Nutrition - Per 100g**

### **Pulled Pork Soft Taco WHS**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32732
School:	Wellington High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG SHRD 1/8" 2-5# P/L	200 Ounce		492241
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
TOMATO ROMA DCD 3/8 2-5 RSS	200 Ounce		786543
TORTILLA CORN 6 THIN 6-120 GRSZ	300 Each		728341
PORK PULLED BBQ LO SOD 4-5 BROOKWD	300 Ounce		498702

# **Preparation Instructions**

CCP: Heat to 155  $^{\circ}$  F for at least 15 seconds.

Cook Meat according to package instructions.

Serving:

3 Tacos per serving

Fill each taco shell with 1 oz. meat using a No. 30 scoop (2 TBSP)

1/2 Ounce (1 TBSP) shredded cheese (on each)

Offer 2 oz. shredded lettuce and 2 oz. diced tomato

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		11.63g	
SaturatedFat		4.88g	
Trans Fat		0.00g	
Cholesterol		63.75mg	
Sodium		282.50mg	
Carbohydrat	es	38.50g	
Fiber		2.92g	
Sugar		2.08g	
Protein		21.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	137.75mg	Iron	0.99mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

# Chicken Teriyaki w/ Fried Rice WW/MMS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32738
School:	Westwood Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	400 Ounce		676463
CHIX BRST STRP GRLLD FC NAE 2-5 TYS	200 Ounce		516521
SAUCE TERYK 4-1GAL GCHC	100 Tablespoon		895868

### **Preparation Instructions**

Prepare chicken according to package instructions.

Prepare rice according to package instructions.

To Serve:

Serve rice using a #8 scoop (4 oz.)

Serve chicken using a #12 (green) 2.67 oz scoop

Either mix sauce with chicken or offer using 1 oz scoop over top.

Can also use diced chicken 617760 or other commodity chicken if available

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.333
Grain	1.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		288.05	
Fat		3.36g	
SaturatedF	at	0.33g	
Trans Fat		0.00g	
Cholestero	l	40.00mg	
Sodium		901.64mg	
Carbohydra	ates	43.28g	
Fiber		2.71g	
Sugar		6.03g	
Protein		19.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.45mg	Iron	1.01mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Buffalo Chicken Dip w/ WG Scoops MMS**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32739
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM BULK 30 GCHC	12 Pound		593567
DRESSING RNCH 4-1 GAL KE	33 Ounce		631430
SAUCE HOT REDHOT 12- 23FLZ FRNKS	13 Ounce		557609
CHEESE CHED SHRD 6-5 COMM	50 Ounce		199720
CHIP TORTL SCOOP BKD 72875Z TOSTIT	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHIX DCD 1/2 WHT MRNTD CKD 2-5 GCHC	200 Ounce		578800

#### **Preparation Instructions**

Thaw diced chicken in refrigerator 2 days prior to service.

Pre-heat oven to 325°.

Drain chicken and chop into small pieces.

Heat cream cheese in steamer for approximately 5-8 minutes, just until it is soft and able to be blended. Add cream cheese to chicken and mix well.

Add shredded cheese to chicken mixture and mix.

Mix hot sauce and ranch dressing with a wire whisk. Add to chicken mixture.

Bake in convection oven for approximately 15 mins.

CCP: Heat until 165° for at least 15 seconds.

Place in warmer to hold for hot service. Hold for at least 10 minutes to allow the grease to clear from the top of the cheese.

Portion 3/8 cup (3oz) (#10) scoop served with a bag of Tostito Scoops Can also use Tostitos Tortilla Chips (WG) Item# 739741 in 1 oz. serving for 1.25 oz grain eq.

Meal Components (SLE)  Amount Per Serving		
2.500		
1.250		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 3.00 Ounce			
<b>Amount Pe</b>	r Serving		
Calories		473.91	
Fat		29.59g	
SaturatedF	at	15.03g	
Trans Fat		0.00g	
Cholestero		111.92mg	
Sodium		862.97mg	
Carbohydra	ates	21.81g	
Fiber		1.00g	
Sugar		2.14g	
Protein		21.09g	
Vitamin A	691.06IU	Vitamin C	0.00mg
Calcium	68.98mg	Iron	0.37mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g			
Calories		557.23	
Fat		34.79g	
SaturatedF	at	17.67g	
Trans Fat		0.00g	
Cholestero	l	131.60mg	
Sodium		1014.68mg	
Carbohydra	ates	25.64g	
Fiber		1.18g	
Sugar		2.52g	
Protein		24.80g	
Vitamin A	812.55IU	Vitamin C	0.00mg
Calcium	81.10mg	Iron	0.43mg
* A II	(T = (		

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Chicken Caesar Salad MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32740
School:	McCormick Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE PARM SHRD FCY 10-2 PG	1 Ounce		460095
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 1/2 Ounce		903490
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022

#### **Preparation Instructions**

Wash hands prior to preparation

Heat chicken to internal temp of 165\*F

Prepare salad with 2 cups Romaine Lettuce, 1.5 oz chicken, 1/4 cup tomatoes, 1.00 oz parm cheese, 1 pkg crouton

+ 1 package whole-grain to-go item (teddy grahams/goldfish)

#### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	1.715
Grain	0.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		243.53	
Fat		11.85g	
SaturatedF	at	5.53g	
Trans Fat		0.00g	
Cholestero	l	65.00mg	
Sodium		832.25mg	
Carbohydra	ates	13.84g	
Fiber		1.59g	
Sugar		2.29g	
Protein		21.44g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	285.18mg	Iron	1.47mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Pasta with Meatballs WHS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32742

#### Ingredients

Description Measurer	ment Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM 400 Each	4 meatballs per serving	785860
BREAD GARL TX TST 100 Slice SLC 12-12CT GCHC	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910
SAUCE MARINARA A/P 6- 10 REDPK 200 Ounce	READY_TO_EAT None	592714
CHEESE PARM PKT 200- 3.5GM GCHC 100 Each	Garnish	254959
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA 50 Cup		229951

### **Preparation Instructions**

- 1. Prepare pasta to al-dente
- 2. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher Place frozen meatballs in sauce, cover pan and heat in oven at 375\*F for approximately 30-40 min
- 3. Cook garlic toast according to directions. CCP: Hold Hot at 135F or higher

Preheat oven to 450\*F. Place Toast on baking sheet. Heat each side 3-4 minutes or until heated through.

- 4. Portion #8 scoop of pasta (4 oz) & top with 4 meatballs & #16 scoop of sauce
- 5. Offer with Parmesan cheese
- 6. Offer with 1 piece of garlic toast

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		449.00	
Fat		20.25g	
SaturatedFa	at	5.00g	
Trans Fat		0.60g	
Cholestero		41.00mg	
Sodium		766.00mg	
Carbohydra	ates	47.50g	
Fiber		4.00g	
Sugar		7.00g	
Protein		20.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.50mg	Iron	3.50mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Red White and Blue Yogurt Parfait MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32743
School:	McCormick Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	2/3 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF 4-5 GCHC	1/4 Cup		166720
STRAWBERRY 8 MRKN	1/4 Cup		212768
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

### **Preparation Instructions**

Wash hands prior to preparation

Use12 oz. Plastic Cup #747943

Assemble Parfait:

2 oz. Blueberries

3 oz. Vanilla Yogurt

2 oz. Strawberries

3 oz. Vanilla Yogurt

Serve with one packet of granola

\*Can use fresh or frozen produce based on availability

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.418
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	303.69
Fat	4.63g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	155.44mg
Carbohydrates	59.35g
Fiber	3.62g
Sugar	33.51g
Protein	8.55g
Vitamin A 5.14IU	Vitamin C 25.16mg
Calcium 186.85mg	Iron 0.89mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Chicken Burrito Bowl MMS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32745
School:	McCormick Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	200 Ounce		154900
SOUR CREAM 4-5 GCHC	100 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	50 Cup		576280

#### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Prepare Fajita Chicken according to package instruction
- 2. Prepare Spanish Rice
- 3. Prepare Pico De Gallo

To assemble Bowl:

- 1. Place Spanish Rice in bowl using a #8 scoop (1/2 cup)
- 2. Place Chicken Fajita on top of rice, 2 oz
- 3. Provide Pico De Gallo, 2 oz (on bowl, or as side) (see recipe)
- 4. Shredded cheese,1 oz.
- 5. Sour Cream, 1 oz
- 6. Salsa as desired

½ cup Fiesta Black Bean side

Rice (576280) 1/2 c = 1 grain oz eq.

# Meal Components (SLE) Amount Per Serving

Meat	1.676
Grain	1.013
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

<b>Amount Pe</b>	r Serving		
Calories		453.43	
Fat		14.52g	
SaturatedF	at	7.68g	
Trans Fat		0.00g	
Cholestero	I	78.53mg	
Sodium		901.47mg	
Carbohydra	ates	59.68g	
Fiber		2.67g	
Sugar		3.18g	
Protein		25.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	202.83mg	Iron	0.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Italian Como Sub MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32747
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY ITAL COMBO SLCD 12-1 JENNO	2 Ounce		199721
CHEESE MOZZ SHRD 4-5 LOL	1 Tablespoon		645170
TOMATO 5X6 XL 5 MRKN	2 Slice		438197
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
PEPPERS BAN RING MILD 4-1GAL GCHC	1/2 Ounce		466220
DRESSING ITAL LT PKT 60-1.5Z MARZ	1 Package		456152

#### **Preparation Instructions**

Directions:

CCP- Wash hands thoroughly before starting food preparation. CCP- Wash and dry all produce being used in the recipe.

Place 2 oz of deli meat and 2 ounces of cheese on each hoagie bun

Place on top of meat, tomato, lettuce and banana peppers. (Optional)

If sandwiches are assembled in advance cover trays with plastic or wrap indv in wrap

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

Notes: Serve Italian or Ranch packet with sandwich.

# Meal Components (SLE) Amount Per Serving

Meat	1.583
Grain	2.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.083
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		287.22	
Fat		9.70g	
SaturatedF	at	2.85g	
Trans Fat		0.00g	
Cholestero	I	42.42mg	
Sodium		1457.95mg	
Carbohydra	ates	33.68g	
Fiber		2.69g	
Sugar		6.67g	
Protein		15.56g	
Vitamin A	124.95IU	Vitamin C	2.06mg
Calcium	136.62mg	Iron	2.68mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

#### **Deluxe Chicken Tender Salad MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32752
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	4 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	3lb, 2 oz.	150250
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
CHIX TNDR WGRAIN FC 4-8 TYS	2 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.	283951
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

#### **Preparation Instructions**

#### Directions:

- 1. Cook Chicken Tenders according to package instruction (Hint: Use leftover chicken tenders from service day before)
- 2. Cut meat into bite sized pieces. Cover with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

<sup>\*</sup>Wash hands thoroughly to prevent cross contamination before starting food preparation

<sup>\*</sup>Wash all produce thoroughly and dry

Place greens into the refrigerator until ready for the salad assembly.

Salad Preparation:

In a plastic salad take out container, place the lettuce mix. 2 Cups

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Place cut chicken pieces in center.

Place cheese in center (1/2 oz serving size).

Label and date

#### Meal Components (SLE)

Amount Per Serving		
Meat	1.583	
Grain	1.667	
Fruit	0.000	
GreenVeg	2.353	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<u> </u>	0		
Amount Pe	er Serving		
Calories		352.94	
Fat		13.38g	
SaturatedF	at	3.19g	
Trans Fat		0.00g	
Cholestero	ol	24.17mg	
Sodium		470.00mg	
Carbohydr	ates	35.87g	
Fiber		8.33g	
Sugar		7.87g	
Protein		19.68g	
Vitamin A	2888.50IU	Vitamin C	21.53mg
Calcium	205.25mg	Iron	4.51mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Alfredo MMS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32753
School:	McCormick Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	100 Ounce		155661
PASTA PENNE RIGATE 100 WHLWHE 2-5	50 Cup		654571
CHIX CKD SHRD WHT IQF 2-5 GCHC	200 Ounce		617760

## **Preparation Instructions**

Prepare Chicken according to package instructions

Prepare pasta, add alfredo sauce. Mix in large pan and hold in steam table.

Serve 1/2 cup pasta with sauce and chicken - #6 scoop

Meal Components (SLE) Amount Per Serving		
Meat	2.546	
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: 100.00			
Serving Size: 1.00 Serving	g		
Amount Per Serving			
Calories	217.38		
Fat	4.22g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	45.72mg		
Sodium	226.50mg		
Carbohydrates	22.73g		
Fiber	3.00g		
Sugar	2.64g		
Protein	21.28g		
Vitamin A 120.77IU	Vitamin C	0.00mg	
Calcium 116.70mg	Iron	1.24mg	
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Baked Potato Bar MMS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32754
School:	McCormick Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh bakers potato 120 ct	100 1 Ea	Wash and Scrub Bake	05626
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	200 Ounce	2 oz servings THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
BROCCOLI FLORETS 6-4 GCHC	25 Cup		610902
SOUR CREAM 4-5 GCHC	200 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
ONION GREEN 2 RSS	100 Ounce		596981
SAUCE CHS CHED POUCH 6-106Z LOL	100 Ounce	1oz servings	135261

#### **Preparation Instructions**

Wash hands thoroughly to prevent cross contamination before starting food preparation.

- 1. Wash and Scrub Potatoes
- 2. Stab potatoes with a fork, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

- 3. Cook/heat pork crumbles on a sheet pan on parchment paper until crisp, then drain fat and set aside.
- 4. Steam the broccoli, using a shallow perforated steamer or in a large covered pot with 2 inches of water, over high heat. Cook JUST until bright green, 2-5 minutes, depending on method used. Drain. Place in steam table.
- 5. Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.
- 6. Serve potatoes with pork, broccoli, sour cream, cheddar and scallions, if using them.

\*Can also use/offer shredded cheese in 1 oz servings\*

150250

Serve with 1 package whole-grain snack item to meet grain oz eq.

MMS 1-2 oz grain

# Meal Components (SLE) Amount Per Serving

Meat	1.333
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.417
Legumes	0.000
Starch	1.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		768.33	
Fat		62.00g	
SaturatedF	at	33.00g	
Trans Fat		0.00g	
Cholestero	l	150.00mg	
Sodium		2025.00mg	
Carbohydra	ates	20.33g	
Fiber		1.00g	
Sugar		4.33g	
Protein		29.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	962.67mg	Iron	2.33mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Salad Croissant MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32761
School:	McCormick Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN:  1. Pre-heat convection oven to 325°F.  2. Place whole croissant on ungreased sheet pan.  3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS:  1. Remove frozen croissants from packaging to enhance crispness.  2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	
SALAD CHIX 4-3 GCHC	1/2 Cup		127710

#### **Preparation Instructions**

Wash hands prior to preparation.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

#### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	1.250
Grain	2.000
Fruit	2.000
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 Pe	r Serving		
Calories		676.54	
Fat		34.60g	
SaturatedFa	at	7.20g	
Trans Fat		0.00g	
Cholestero		47.00mg	
Sodium		903.88mg	
Carbohydra	ates	73.86g	
Fiber		5.62g	
Sugar		35.04g	
Protein		17.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.20mg	Iron	2.11mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Chicken Salad Croissant WHS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32762
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN:  1. Pre-heat convection oven to 325°F.  2. Place whole croissant on ungreased sheet pan.  3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS:  1. Remove frozen croissants from packaging to enhance crispness.  2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	
SALAD CHIX 4-3 GCHC	1/2 Cup		127710
EGG HARD CKD PLD 20 DEB EL	1/2 Each		557550

#### **Preparation Instructions**

Wash hands prior to preparation.

Prepare hard boiled eggs - if not using pre-cooked product. Hard boil eggs and peel.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Place 1/2 hard boiled egg in container.

Package with 1 cup assorted fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

#### **Meal Components (SLE)**

Amount Per Serving

	_
Meat	2.125
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: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		711.54	
Fat		36.85g	
SaturatedFa	at	8.20g	
Trans Fat		0.00g	
Cholesterol		144.50mg	
Sodium		926.38mg	
Carbohydra	ites	73.86g	
Fiber		5.62g	
Sugar		35.04g	
Protein		20.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.20mg	Iron	2.61mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Lucky Rainbow Parfait MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32765

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GCHC	1/8 Cup	1/8 cup thawed, sliced	244630
PEACH DCD IN JCE 6-10 GFS	1/8 Cup	1/8 cup drained	610372
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/8 Cup	1/8 cup drained	189979
BLUEBERRY IQF 4-5 GCHC	1/8 Cup	1/8 cup thawed	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
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**

Wash hands prior to beginning preparation.

- 1. Place 1/8 cup of sliced, thawed strawberries in the bottom of each clear, plastic cups.
- 2. Next layer 1/8 c of each in the following order: peaches, pineapple, and blueberries.
- 3. Top with 4 oz yogurt. Optional Garnish: Sprinkle a small handful of Lucky Charms on top.
- 4. Serve chilled. CCP: Keep below 41 F.
- 5. Serve with Lucky Charms bowlpack on the side.

Note: can sub other fruit variety in same portion size depending on availability

<sup>\*\*</sup>Allergens: Milk.

<sup>\*</sup>Can be used as breakfast or lunch entrée\*

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.493
Grain	1.000
Fruit	0.357
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 Pe	r Serving		
Calories		265.91	
Fat		1.85g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		238.90mg	
Carbohydra	ates	57.16g	
Fiber		2.93g	
Sugar		34.05g	
Protein		6.45g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.69mg	Iron	3.01mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Lucky Rainbow Parfait WHS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32766
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GCHC	1/8 Cup	1/8 cup thawed, sliced	244630
PEACH DCD IN JCE 6-10 GFS	1/8 Cup	1/8 cup drained	610372
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/8 Cup	1/8 cup drained	189979
BLUEBERRY IQF 4-5 GCHC	1/8 Cup	1/8 cup thawed	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CRACKER GRHM TEDDY CINN 1Z 4- 12CT	1 Package		728760

#### **Preparation Instructions**

Wash hands prior to beginning preparation.

- 1. Start by placing 2 oz vanilla yogurt in bottom of container
- 2. Place 1/8 cup of sliced, thawed strawberries on top of yogurt
- 3. Next layer 1/8 c of each in the following order: peaches, pineapple, and blueberries.
- 4. Top with additional 4 oz yogurt. Optional Garnish: Sprinkle a small handful of Lucky Charms on top.
- 4. Serve chilled. CCP: Keep below 41 F.
- 5. Serve with Lucky Charms bowlpack on the side + 1 package Teddy Grahams
- \*\*Allergens: Milk.

Note: can sub other fruit variety in same portion size depending on availability

\*Can be used as breakfast or lunch entrée\*

#### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	2.239
Grain	2.000
Fruit	0.357
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 Pe	r Serving		
Calories		441.88	
Fat		6.22g	
SaturatedF	at	0.56g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		358.75mg	
Carbohydra	ates	89.73g	
Fiber		3.93g	
Sugar		49.26g	
Protein		10.32g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	438.85mg	Iron	3.81mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Walking Taco IMPORTED**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32767

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261

#### **Preparation Instructions**

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side 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: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		1443.10		
Fat		93.80g		
SaturatedF	at	56.80g		
Trans Fat		0.29g		
Cholestero	I	274.00mg		
Sodium		5295.70mg	5295.70mg	
Carbohydra	ates	61.00g		
Fiber		4.00g		
Sugar		3.00g		
Protein		74.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	2598.00mg	Iron	2.28mg	

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Buffalo Chicken Salad WHS.MMS**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32768

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	4 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	3lb, 2 oz.	150250
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310
CHIX PTY HOT & SPCY FC 3.23Z 4-7.5	2 1/2 Ounce		150180

#### **Preparation Instructions**

#### Directions:

- 1. Cook Chicken according to package instruction (Can also use chicken tenders or nuggets lightly tossed in Frank's Red Hot. Follow serving sizing for Deluxe Chicken Salad)
- 2. Cut meat into bite sized pieces. Cover with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

Place greens into the refrigerator until ready for the salad assembly.

#### Salad Preparation:

In a plastic salad take out container, place the lettuce mix. 2 Cups

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Place cut chicken pieces in center (2.5 oz).

Place cheese in center (1oz serving size).

Label and date

<sup>\*</sup>Wash hands thoroughly to prevent cross contamination before starting food preparation

<sup>\*</sup>Wash all produce thoroughly and dry

Meal Components (SLE)  Amount Per Serving		
Meat	2.048	
Grain	1.580	
Fruit	0.000	
GreenVeg	2.353	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	er Serving		
Calories		369.65	
Fat		14.14g	
SaturatedF	at	4.96g	
Trans Fat		0.00g	
Cholestero	l	57.57mg	
Sodium		621.28mg	
Carbohydr	ates	34.74g	
Fiber		7.10g	
Sugar		7.21g	
Protein		22.79g	
Vitamin A	2888.50IU	Vitamin C	21.53mg
Calcium	248.03mg	Iron	4.72mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Turkey and Cheese Sub WWE**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33134
School:	Westwood Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
CHEESE SLCD YEL 6-5 COMM	1 Piece		334450
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 25 MRKN	1 Slice		199036

#### **Preparation Instructions**

Directions:

CCP- Wash and dry hands thoroughly before handling food. CCP-Wash and dry all fresh produce being used in the recipe.

Place 2 oz of turkey and 1 slice of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap individually in wrap

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

# Meal Components (SLE) Amount Per Serving

3	
Meat	1.833
Grain	2.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		296.49	
Fat		10.10g	
SaturatedFa	at	3.69g	
Trans Fat		0.00g	
Cholestero		42.50mg	
Sodium		573.92mg	
Carbohydra	ites	31.76g	
Fiber		2.56g	
Sugar		5.76g	
Protein		19.24g	
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	60.59mg	Iron	2.36mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

#### **Grilled Cheese Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33135
School:	Wellington High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 1/2 Cup		191205
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice		722360
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	200 Slice		231053

#### **Preparation Instructions**

#### Directions:

- 1. Brush approximately  $\frac{1}{2}$  oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- 3. Top each slice of bread with 4 slices (2 oz) of cheese.
- 4. Cover with remaining bread slices.
- 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

# Meal Components (SLE) Amount Per Serving

	5
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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		364.00	
Fat		12.64g	
SaturatedF	at	6.68g	
Trans Fat		0.00g	
Cholestero	l	37.20mg	
Sodium	<b>Sodium</b> 1201.60mg		
Carbohydra	ates	44.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	506.00mg	Iron	2.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Berry Apple Smoothie**

Servings:	15.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33177

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	64 Ounce		541966
JUICE BOX APPL 100 40-4.23FLZ	22 Ounce		698744
JUICE BOX VERY BRY 40-4.23FLZ	22 Ounce		698391
APPLESAUCE UNSWT 6-10 GCHC	8 Ounce		271497

## **Preparation Instructions**

**Meal Components (SLE)** 

Yield 4 Qts

Legumes

Starch

Amount Per Serving	` ,
Meat	1.422
Grain	0.000
Fruit	2.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 15.00 Serving Size: 8.00 Fluid Ounce

Amount Pe	r Serving		
Calories		336.00	
Fat		1.78g	
SaturatedF	at	1.07g	
Trans Fat		0.00g	
Cholestero	I	7.11mg	
Sodium		100.00mg	
Carbohydrates		77.11g	
Fiber		2.13g	
Sugar		67.73g	
Protein		4.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	226.22mg	Iron	0.00mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

### **Bean Burrito Bowl**

Servings:	15.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33250
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	15 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
CHEESE CHED MLD SHRD 4-5 LOL	3 3/4 Cup		150250
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	7 1/2 Cup		576280
BEAN PINTO 6-10 GCHC	7 1/2 Cup		261475

### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Rinse beans to remove excess sodium. Heat and hold for service.
- 2. Prepare Spanish Rice
- 3. Prepare Pico De Gallo

To assemble Bowl:

- 1. Place Spanish Rice in bowl using a #8 scoop (1/2 cup)
- 2. Place pinto beans on top using #8 scoop (1/2 cup)
- 3. Provide Pico De Gallo, 2 oz (on bowl, or as side) (see recipe)
- 4. Shredded cheese, 2 oz.
- 5. Sour Cream, 1 oz
- 6. Salsa as desired

½ cup Fiesta Black Bean side

Rice (576280) 1/2 c = 1 grain oz eq.

\*Serve with warmed WG Tortilla or WG tortilla Chips to = 2 oz grain eq.

#51565

1/2 cup beans = 2 oz meat alternate

2.000
2.000
0.000
0.000
0.000
0.000
0.500
0.000

### **Nutrition Facts**

Servings Per Recipe: 15.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		556.67	
Fat		16.67g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero	l	50.00mg	
Sodium		780.00mg	
Carbohydra	ates	80.00g	
Fiber		7.67g	
Sugar		3.00g	
Protein		24.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	344.33mg	Iron	2.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

### **Bean Burrito Bowl MMS**

Servings:	15.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33251
School:	McCormick Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	15 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
CHEESE CHED MLD SHRD 4-5 LOL	3 3/4 Cup		150250
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	7 1/2 Cup		576280
BEAN PINTO 6-10 GCHC	7 1/2 Cup		261475

### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

- 1. Rinse beans to remove excess sodium. Heat and hold for service.
- 2. Prepare Spanish Rice
- 3. Prepare Pico De Gallo

To assemble Bowl:

- 1. Place Spanish Rice in bowl using a #8 scoop (1/2 cup)
- 2. Place pinto beans on top using #16 scoop (1/4 cup)
- 3. Provide Pico De Gallo, 2 oz (on bowl, or as side) (see recipe)
- 4. Shredded cheese, 2 oz.
- 5. Sour Cream, 1 oz
- 6. Salsa as desired

½ cup Fiesta Black Bean side

Rice (576280) 1/2 c = 1 grain oz eq.

\*Can serve with warmed WG Tortilla or WG tortilla Chips to = 2 oz grain eq.

#51565

1/4 cup beans = 1 oz meat alternate

Meat	1.250
Grain	1.013
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 15.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		556.67	
Fat		16.67g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero	I	50.00mg	
Sodium		780.00mg	
Carbohydra	ates	80.00g	
Fiber		7.67g	
Sugar		3.00g	
Protein		24.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	344.33mg	Iron	2.96mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Meatball Sub**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33252
School:	Wellington High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	50 Ounce		645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	100 Each	READY_TO_EAT	276142
SAUCE MARINARA A/P 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
MEATBALL CKD .65Z 6-5 COMM	300 Each		785860

## **Preparation Instructions**

Wash hands prior to beginning preparation.

Steam meatballs in steamer until they reach 165.

Add marinara and bake for 30-40 minutes.

Place 3 meatballs on each sub sandwich.

Top with 0.5oz mozzarella cheese.

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.800
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Sub

Amount Pe	r Serving		
Calories		549.86	
Fat		19.13g	
SaturatedF	at	4.88g	
Trans Fat		0.45g	
Cholestero	l	34.50mg	
Sodium		2245.99mg	
Carbohydra	ates	70.70g	
Fiber		11.92g	
Sugar		28.94g	
Protein		26.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	299.08mg	Iron	7.34mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

### **Baked Potato Bar WW**

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33323
School:	Westwood Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh bakers potato 120 ct	100 1 Ea	Wash and Scrub Bake	05626
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	200 Ounce	2 oz servings THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
BROCCOLI FLORETS 6-4 GCHC	25 Cup		610902
SOUR CREAM 4-5 GCHC	200 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
ONION GREEN 2 RSS	100 Ounce		596981
SAUCE CHS CHED POUCH 6-106Z LOL	100 Ounce	1oz servings	135261
CRACKER GRHM TEDDY CINN 1Z 4-12CT	100 Package		728760

### **Preparation Instructions**

Wash hands thoroughly to prevent cross contamination before starting food preparation.

- 1. Wash and Scrub Potatoes
- 2. Stab potatoes with a fork, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

- 3. Cook/heat pork crumbles on a sheet pan on parchment paper until crisp, then drain fat and set aside. (2 oz serving size)
- 4. Steam the broccoli, using a shallow perforated steamer or in a large covered pot with 2 inches of water, over high heat. Cook JUST until bright green, 2-5 minutes, depending on method used. Drain. Place in steam table.
- 5. Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.
- 6. Serve potatoes with pork, broccoli, sour cream, cheddar and scallions, if using them.
- \*Can also use/offer shredded cheese in 1 oz servings\*

150250

Meal meets vegetable requirement

Serve with 1 package whole-grain snack item to meet grain oz eq. (example, Teddy Graham)

WW: 1 oz grain eq needed

**OtherVeg** 

Legumes

Starch

Meal Components (SLE)		
Amount Per Serving		
Meat	1.333	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.250	
RedVeg	0.000	

0.417

0.000

1.000

### **Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 1.00

888.33
66.00g
33.00g
0.00g
150.00mg
2115.00mg
41.33g
2.00g
11.33g
31.00g
Vitamin C 0.00mg
<b>Iron</b> 3.13mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Sloppy Joe**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33353

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	150 Ounce	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve. Open bags place in 2 inch pan heat to 140.	564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

## **Preparation Instructions**

Directions:

Pour ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Portion is 1 sandwich.

Meat: 3 oz serving using #10 scoop (3/8 cup)

Meal Components (SLE) Amount Per Serving		
Meat	1.653	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.107	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 50.00 Serving Size: 1.00 Serving				
Amount Pe	r Serving			
Calories		259.92		
Fat		6.29g		
SaturatedF	at	1.82g		
Trans Fat		0.00g		
Cholesterol		36.36mg		
Sodium		732.73mg		
Carbohydrates 33.26g				
Fiber		3.66g		
Sugar		10.61g		
Protein		16.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	54.79mg	Iron	2.49mg	
*All reporting of TransFat is for information only, and is				

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Creamy Grape Salad**

Servings:	80.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33840
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	10 2/3 Pound		121893
GRAPE GREEN SDLSS 5 MRKN	10 2/3 Pound		596922
CHEESE CREAM LOAF 10-3 GCHC	42 2/3 Ounce		163562
SOUR CREAM 4-5 GCHC	5 1/3 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SUGAR CANE GRANUL 25 GCHC	16 Teaspoon		108642
FLAVORING VANILLA IMIT 1-QT KE	10 2/3 Teaspoon		110736
SUGAR BROWN LT 12-2 P/L	16 Teaspoon	For Topping	860311

### **Preparation Instructions**

Wash hands and produce prior to preparation.

- 1. In a large mixing bowl, beat together cream cheese and sour cream until smooth. Add sugar and vanilla until blended.
- 2. Add grapes and toss to coat.
- 3. Scoop into 1/2 cup portions, lightly sprinkle with brown sugar and refrigerate until service.

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: 80.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		135.46	
Fat		7.55g	
SaturatedFa	at	5.09g	
Trans Fat		0.00g	
Cholestero		23.99mg	
Sodium		78.29mg	
Carbohydra	ites	14.67g	
Fiber		0.51g	
Sugar		12.54g	
Protein		2.05g	
Vitamin A	188.18IU	Vitamin C	4.61mg
Calcium	43.59mg	Iron	0.29mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

### **Chicken Tender Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33960

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Cup	15lb, 4 oz	877510
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	14lb, 12 oz	165761
CUCUMBER SELECT 6CT MRKN	4 Slice	4 lb	592323
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	3lb, 2 oz.	150250
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
CHIX TNDR WGRAIN FC 4-8 TYS	2 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.	283951
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

### **Preparation Instructions**

\*Wash hands thoroughly to prevent cross contamination before starting food preparation

#### Directions:

- 1. Cook Chicken Tenders according to package instruction (Hint: Use leftover chicken tenders from service day before OR cut up chicken patty, etc)
- 2. Cut meat into bite sized pieces. Cover with plastic wrap and place in refrigerator until ready for assembly
- 3. Slice cucumber into 1/4 slices
- 4. Wash Grape/Cherry Tomatoes
- 5. If lettuce greens are not pre-washed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop into bite sized pieces.

Place greens into the refrigerator until ready for the salad assembly.

Chicken Options:

<sup>\*</sup>Wash all produce thoroughly and dry

Chicken Patty #281622 - 1/2 cut up = 1 oz meat equivalent Chicken Nuggets # 281831 - 2.5 cut up = 1 oz meat equivalent Popcorn Chicken #536620 - 5 each = 1 oz meat equivalent Salad Preparation:

In a plastic salad take out container, place the lettuce mix. 2 Cups

Placed 2 cucumber slices in each corner

Place 2 tomatoes in each opposite corner

Place cut chicken pieces in center.

Place cheese in center (1/2 oz serving size).

Label and date

Offer Whole Grain roll or whole grain item with each Salad

Meal Components (SLE) Amount Per Serving		
Meat	1.583	
Grain	1.667	
Fruit	0.000	
GreenVeg	2.353	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	er Serving		
Calories		352.94	
Fat		13.38g	
SaturatedF	at	3.19g	
Trans Fat		0.00g	
Cholestero	ol	24.17mg	
Sodium		470.00mg	
Carbohydr	ates	35.87g	
Fiber		8.33g	
Sugar		7.87g	
Protein		19.68g	
Vitamin A	2888.50IU	Vitamin C	21.53mg
Calcium	205.25mg	Iron	4.51mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

### **Chicken Quesadilla Homemade**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33986
School:	Westwood Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 2-5 TYS	173 1/3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen	481858
SALSA 103Z 6-10 REDG	3 1/3 Quart	READY_TO_EAT None	452841
TORTILLA FLOUR ULTRGR 8 18-12CT	100 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	3 1/3 Pound		150250

### **Preparation Instructions**

#### **DIRECTIONS**

1. Thaw the chicken overnight in the refrigerator.

CCP: Hold under refrigeration (41 degrees F or lower).

- 2. Mix the salsa and chicken together. Then steam it for 30 minutes.
- 3. Spray a 18" x 24" sheet pan with pan release spray (6 tortillas fit on each sheet pan).
- 4. Place the tortillas on the sheet pan.
- 5. Use a #8 scoop to place 4 ounces of meat on each tortilla.
- 6. Sprinkle 1 ounce of cheese over the meat mixture on each tortilla.
- 7. Place another tortilla on top of the meat and cheese. Cut each quesadilla in half.

Alternate instructions: use a #16 scoop to place 2 ounces of meat on each tortilla. Sprinkle 1 ounce of cheese over the meat mixture. Then fold each tortilla in half.

Place the folded quesadillas on sheet pan to bake.

- 8. Spray tops of tortillas with cooking spray to aid in browning.
- 9. Bake the quesadillas at 350 degrees F for 10 minutes or until cheese melts.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

10. Portion 1 ounce of salsa into container.

Offer students salsa for selection.

11. Portion 1 half of a quesadilla with salsa per serving. Each portion provides 2½ oz. eq. of meat/meat alternate, 1½ oz. eq. whole grains, and 1/8 cup red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

Source: MRS 2021 MRS: 3145.1 Poultry (3000s)

CHICKEN QUESADILLA -USDA FOODS

Meal Components (SLE) Amount Per Serving		
1.697		
1.500		
0.000		
0.000		
0.177		
0.000		
0.000		
0.000		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each				
<b>Amount Pe</b>	r Serving			
Calories		298.00		
Fat		11.32g		
SaturatedF	at	6.83g		
Trans Fat		0.00g		
Cholestero	I	42.25mg		
Sodium 629.90mg				
Carbohydra	ates	34.40g		
Fiber		4.00g		
Sugar		3.29g		
Protein		18.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	152.80mg	Iron	2.71mg	
*All reporting of TransFat is for information only, and is				

## Nutrition - Per 100g

not used for evaluation purposes

### Chicken Quesadilla Homemade

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33987
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 2-5 TYS	300 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen	481858
SALSA 103Z 6-10 REDG	3 1/3 Quart	READY_TO_EAT None	452841
CHEESE CHED MLD SHRD 4-5 LOL	3 1/3 Pound		150250
TORTILLA FLOUR ULTRGR 10 8-24CT	100 Each		651003

### **Preparation Instructions**

#### **DIRECTIONS**

1. Thaw the chicken overnight in the refrigerator.

CCP: Hold under refrigeration (41 degrees F or lower).

- 2. Mix the salsa and chicken together. Then steam it for 30 minutes.
- 3. Spray a 18" x 24" sheet pan with pan release spray (6 tortillas fit on each sheet pan).
- 4. Place the tortillas on the sheet pan.
- 5. Use a #10 scoop to place 3 ounces of meat on each tortilla.
- 6. Sprinkle 1 ounce of cheese over the meat mixture on each tortilla.
- 7. Sprinkle 1 ounce of cheese over the meat mixture. Then fold each tortilla in half.

Place the folded quesadillas on sheet pan to bake.

- 8. Spray tops of tortillas with cooking spray to aid in browning.
- 9. Bake the quesadillas at 350 degrees F for 10 minutes or until cheese melts.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

10. Portion 1 ounce of salsa into container.

Offer students salsa and sour cream for selection.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30

minutes. Discard any leftovers.

Source: MRS 2021 MRS: 3145.1 Poultry (3000s)

CHICKEN QUESADILLA -USDA FOODS

Meal Components (SLE)  Amount Per Serving		
Meat	2.542	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.177	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		340.22	
Fat		12.38g	
SaturatedF	at	7.25g	
Trans Fat		0.00g	
Cholestero	I	61.25mg	
Sodium		853.68mg	
Carbohydra	ates	35.67g	
Fiber		4.00g	
Sugar		3.71g	
Protein		25.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.80mg	Iron	2.71mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Beefy Macaroni**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34020
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/5 Pound		722330
ENTREE MACAR & 3CHS 6-5 JTM	34 1/2 Pound		149193
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	100 Each	READY_TO_EAT No baking necessary.	751701

### **Preparation Instructions**

Wash hands and prepare workstation prior to preparation.

Cook cavatappi macaroni and cheese according to package instructions.

Mix in taco meat (1 oz meat to 4 oz macaroni).

Hold for service.

Serve using a #6 scoop (5.33 oz, 2/3 cup).

2 meat/meat alternate, 1 grain oz. eq.

At HS serve with WG roll.

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.163
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: 100.00 Serving Size: 6.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		377.15	
Fat		16.50g	
SaturatedF	at	8.29g	
Trans Fat		0.05g	
Cholestero	I	51.49mg	
Sodium		879.68mg	
Carbohydra	ates	38.57g	
Fiber		3.16g	
Sugar		5.08g	
Protein		20.71g	
Vitamin A	566.72IU	Vitamin C	0.00mg
Calcium	375.36mg	Iron	2.24mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

Calories		221.72	
Fat		9.70g	
SaturatedF	at	4.88g	
Trans Fat		0.03g	
Cholestero	I	30.27mg	
Sodium		517.16mg	
Carbohydrates		22.67g	
Fiber		1.86g	
Sugar		2.99g	
Protein		12.17g	
Vitamin A	333.17IU	Vitamin C	0.00mg
Calcium	220.67mg	Iron	1.32mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Breakfast Potato Bowl**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34426

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
EGG SCRMBD IQF 20 PAP	2 Ounce		148163
GRAVY SAUS PORK 4-5 JTM	1 Cup		751322
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	3/4 Cup		504122

### **Preparation Instructions**

Wash hands and clean work station prior to preparation.

Prepare potatoes according to package instructions. Hold for service.

Prepare eggs, gravy, and biscuits according to package instructions.

To serve:

1 bowl

3/4 cup Potatoes

1 Biscuit

2 oz egg

1 oz scoop gravy

sprinkle of Cheddar Cheese

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Meat	13.121
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.560

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		1037.29	
Fat		64.31g	
SaturatedF	at	26.55g	
Trans Fat		0.05g	
Cholestero	l	1551.48mg	
Sodium		2037.58mg	
Carbohydra	ates	53.47g	
Fiber		4.29g	
Sugar		3.37g	
Protein		62.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	608.70mg	Iron	8.27mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## Cottage Cheese Fruit & Veggie Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34427

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
CHEESE COTTAGE SML 1 4-5 GCHC	3/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
STRAWBERRY 8 MRKN	1/4 Cup		212768
GRAPE RED SDLSS 5 MRKN	1/4 Cup		596914
CELERY STIX 4-3 RSS	1/4 Cup		781592
TOMATO CHERRY 10 MRKN	1/4 Cup		169275
DRESSING RNCH DIP CUP 100- 1Z GCHC	1 Each		844730

### **Preparation Instructions**

Wash hands and clean work station prior to preparation.

Wash all vegetables.

In clamshell container, arrange ingredients.

1/2 cup Cottage cheese

1 Each whole-grain flat bread (or whole-grain tortilla) sliced into 4 triangles

1/2 c strawberries, 1/2 c grapes (other fruit substituted in the same serving size acceptable)

1/2 c celery, 1/2c cherry tomatoes (other vegetable substituted in the same serving size is acceptable)

1 ranch packet

Students must also be offered milk with meal.

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	er Serving		
Calories		430.52	
Fat		17.81g	
SaturatedF	at	3.53g	
Trans Fat		0.00g	
Cholestero	ol	20.00mg	
Sodium		1048.16mg	<u> </u>
Carbohydr	ates	51.28g	
Fiber		6.02g	
Sugar		20.33g	
Protein		17.42g	
Vitamin A	48.80IU	Vitamin C	35.02mg
Calcium	262.45mg	Iron	1.88mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Cheesy Beefy Cavatappi**

Servings:	1.00	Category:	Entree
Serving Size:	0.67 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34430
School:	Wellington High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5 GCHC	1 Ounce		776548
ENTREE MACAR & 3CHS 6-5 JTM	5 Ounce		149193
ROLL DNNR WHEAT IW 144CT BNBSKT	1 Each		617310

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.269	
Grain	1.833	
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: 0.67 Cup

Amount Per	r Serving		
Calories		401.67	
Fat		17.83g	
SaturatedFa	at	8.50g	
Trans Fat		0.00g	
Cholesterol		49.17mg	
Sodium		912.50mg	
Carbohydra	ites	41.83g	
Fiber		3.67g	
Sugar		4.00g	
Protein		20.67g	
Vitamin A	513.33IU	Vitamin C	0.00mg
Calcium	365.13mg	Iron	2.29mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Beefy Macaroni**

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34510
School:	Westwood Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330
ENTREE MACAR & 3CHS 6-5 JTM	3 Ounce		149193
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## **Preparation Instructions**

Wash hands and prepare workstation prior to preparation.

Cook cavatappi macaroni and cheese according to package instructions.

Mix in taco meat (1 oz meat to 3 oz macaroni).

Hold for service.

Serve using a #8 (4 oz, 1/2 cup).

2 meat/meat alternate, 1 grain oz. eq.

At HS serve with WG roll.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.631
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.041
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Ounce

Amount Per Serving				
Calories		262.68		
Fat		10.51g		
SaturatedF	at	4.92g		
Trans Fat		0.09g		
Cholestero	I	35.73mg		
Sodium		588.78mg		
Carbohydra	ates	27.58g		
Fiber		2.63g		
Sugar		4.13g		
Protein		15.54g		
Vitamin A	308.00IU	Vitamin C	0.00mg	
Calcium	221.77mg	Iron	2.12mg	

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

Calories		231.64	
Fat		9.27g	
SaturatedF	at	4.34g	
Trans Fat		0.08g	
Cholestero	I	31.50mg	
Sodium		519.22mg	
Carbohydra	ates	24.32g	
Fiber		2.32g	
Sugar		3.64g	
Protein		13.70g	
Vitamin A	271.61IU	Vitamin C	0.00mg
Calcium	195.57mg	Iron	1.87mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes