

Cookbook for Bremen Elementary/Middle School

Created by HPS Menu Planner

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Poptart Variety- 2 Count

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

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

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart Variety

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Variety

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.12		
Fat	1.30g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.92mg		
Carbohydrates	23.60g		
Fiber	1.98g		
Sugar	7.30g		
Protein	2.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.52mg	Iron	2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry or Grape Uncrustable

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

The day before serving: Lay out uncrustables on a cookie sheet & place in rack, Cover rack with plastic rack bang and place in cooler to unthaw.

Day of serving: Take rack out of cooler and place uncrustables in 4B pans and take to room coolers.

Can take out of freezer day before and put in cooler to thaw.

Amount to be laid out will depend on days/room counts.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.50g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.50mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PBJ Option

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	Or yogurt GFS 551770	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Pan up uncrustables into groups of 50, place finished pans back into the freezer.

Pan up goldfish into groups of 50 and set aside

Pan up cheesestick into groups of 50 and keep in the cooler until it's time to use them.

Pan up yogurt into groups of 50 and place in the cooler until it's time to use them.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

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

Ingredients

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

Preparation Instructions

When using juice for a menu item, put 50 cups per plastic pan

When using juice for a choice item, put 20 -25 cups per 1/2 plastic pan.

Put in coolers in serving rooms.

CCP: Hold at 41 degrees or less.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.550
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.14
Fat	0.17g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.50mg
Carbohydrates	15.30g
Fiber	1.99g
Sugar	9.00g
Protein	0.61g
Vitamin A 70.33IU	Vitamin C 15.96mg
Calcium 15.42mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar Variety

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Toast with Butter

Servings:	40.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	40 Slice	20 slices per loaf	204822
MARGARINE SLD 30-1 GCHC	1 Pound	Melt	733061

Preparation Instructions

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

Note: Usually do 3 trays of 24 for breakfast.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	9.80g		
SaturatedFat	3.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Variety

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Apples

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

Ingredients

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

Preparation Instructions

Or use GFS 507942.

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Ham or Turkey Salad

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

Ingredients

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

Preparation Instructions

Assemble salads following measurements above.

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

items every day!

Offer dressing on the side.

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

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

Change your gloves after handling each food item.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	2.000
OtherVeg	0.033
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	428.22		
Fat	15.57g		
SaturatedFat	5.84g		
Trans Fat	0.00g		
Cholesterol	51.29mg		
Sodium	1021.52mg		
Carbohydrates	49.23g		
Fiber	5.04g		
Sugar	11.75g		
Protein	25.60g		
Vitamin A	7.10IU	Vitamin C	0.19mg
Calcium	75.08mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	48 Slice		204822
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	48 Slice	Use GFS 722360 if USDA is not available.	100036
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

Lightly brush melted margarine on cookie sheet. Place 20 slices of bread on cookie sheet.

Add 2 slices of cheese to each slice of bread. Top each with another slice of bread. Brush the tops of bread with melted butter. Place cookie sheets in rack, cover and place in cooler until time to bake. Bake at 325 deg. For 15 minutes. Make sure they are not soggy.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 141 DEG. FOR 15 SECONDS.

Once cooked leave on cookie sheets and put in warmers in serving rooms.

Serve with yogurt, cheese stick, or peanut butter & celery to equal 2 M/MA for high school students.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	326.67
Fat	14.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	563.33mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	7.00g
Protein	12.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 96.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	20 #5 CAN		101427
Tap Water for Recipes	20 #5 CAN		000001WTR
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Tablespoon		224847
SPICE CELERY SEED GRND 16Z TRDE	1 1/2 Tablespoon		513679
SUGAR BEET GRANUL 50 GCHC	1/2 Cup		224413
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045

Preparation Instructions

Wash tops of cans before opening. Pour soup into sprayed tilt skillet and add water. Heat slowly, stirring occasionally. Add remaining ingredients. WILL SCORTCH EASILY

Temp. soup to 150 for 15 sec. Spray 3-8, 4B pans with cooking spray. Put 4 gal. soup in each pan. Put 1pan 150 for 15 sec. Spray 3-8 , 4B metal pans.

Spray pans with cooking spray and put 4gal. In each pan. Put 1 pan in each rooms wells and put remaining soup in warmers

with 2 gal. in each.Cover with plastic wrap.

Amount made depends on daily counts.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	89.94
Fat	0.39g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.35mg
Carbohydrates	19.26g
Fiber	0.95g
Sugar	11.68g
Protein	1.89g
Vitamin A 26.40IU	Vitamin C 0.00mg
Calcium 18.94mg	Iron 0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	24 Ounce		701450
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34876
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	40 Pound	Use GFS 285590 if USDA not available.	110473
MARGARINE SLD 30-1 GCHC	1/3 Pound		733061

Preparation Instructions

Place 10 # of Broccoli into a 4B holey pan then place that into a 4B metal pan. Cover and store in cooler until it's time to cook. Around 9:30 put Broccoli in the steamer for approx. 15-20 min or until internal temp reaches 141 deg or higher for 15 sec. Drain Broccoli then cover with plastic wrap and place in warmers in each room.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	51.54		
Fat	0.97g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.84mg		
Carbohydrates	8.22g		
Fiber	4.93g		
Sugar	1.64g		
Protein	4.93g		
Vitamin A	66.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oriental Vegetable Blend

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34878
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	4 Package		440884
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839

Preparation Instructions

Empty 1 bag into sprayed 4B metal perforated pan. Cover with plastic wrap & place in cooler until time to cook. Put in steamer for 4 - 10 minutes. Check for doneness. These need to temp to at least 150 degrees. When done, transfer to another pan and season and cover with wrap and place in room warmers until time to serve. There are 16 servings per bag.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	24.69		
Fat	0.52g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.82mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	35.16IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11156
School:	Bremen Senior High School		

Ingredients

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

Preparation Instructions

Wipe tops of cans & tear off labels. Spray a 4B metal pan w/ cooking spray. Put 3 cans of beans (2 drained & 1 not drained) in a 4Bpan. Add other ingredients. Cover with foil and bake in a 350 oven for 45min, turning half way through. When done cooking, temp should reach at least 165 degrees for 15sec. Re-cover with foil & put in room warmers.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.40
Fat	0.54g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	486.38mg
Carbohydrates	41.10g
Fiber	5.43g
Sugar	18.29g
Protein	7.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.57mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Iced Donut with Sprinkles

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

Ingredients

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

Preparation Instructions

Can lay out the day before

Line large baking trays with paper liners. Place 24 donuts per baking tray and place in racks. Once racks are full cover with plastic bags securing the bottoms to ensure they are air tight. Can be left out overnight. Next morning : Let frosting buckets sit in hot water to liquidfy (or you can microwave).

Lightly drizzle frosting over each donuts.

Top with sprinkles.

Put covered racks of donuts in each serving room.

Serve with Spatula

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	372.30		
Fat	17.60g		
SaturatedFat	8.30g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	50.00g		
Fiber	2.50g		
Sugar	24.50g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN		118915
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626

Preparation Instructions

Spray 4b metal pans. Wipe off tops of cans and tear off labels before opening. Drain 2 cans of carrots in strainer and pour in 4B pan. Add ingredients and stir. Cover with plastic wrap and place on cart, put in coolers until time to cook.

When time to cook, uncover and place in steamer. Temp at 135 deg or above for 15 seconds. Place 1 pan on serving lines in each room and 1 pan for ala carte line. The remaining pans, cover with plastic and put in warmers in serving rooms. Do not cook until close to serving time.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.562
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.22
Fat	0.72g
SaturatedFat	0.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	441.65mg
Carbohydrates	19.27g
Fiber	1.12g
Sugar	14.77g
Protein	0.00g
Vitamin A 48.91IU	Vitamin C 0.00mg
Calcium 42.14mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

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

Ingredients

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

Preparation Instructions

Lay pouches out flat on baking trays, bake at 325 deg for 7-8 min. Internal temp needs to be 165 deg for 15 sec.

DO NOT OVER COOK, they will get hard.

When they feel hot but still soft, they are done.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230

Preparation Instructions

Spray 2B metal pan. Place 2 bags of mini pancakes per metal pan. Cover 2 times with plastic and place on cart and place in cooler until time to bake. Cook in Combi on steam mode for 20 minutes. When finished cooking, shake the pan, leaving plastic on. Test for doneness. Should be hot and soft. Place in warmers in serving rooms.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spanish Rice

Servings:	27.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29620
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Package		576280
Tap Water for Recipes	7 Cup	Boiling	000001WTR
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

Preparation Instructions

Mix all ingredients in a sprayed 4B metal pan. Cover with plastic wrap and cook in the combi on steam mode for 1 hour. Test for doneness , rice should temp to at least 165 deg pr higher for 15 sec. Cover with plastic wrap and place in warmers in each serving room.

Serve with 4 oz. scoop.

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: 27.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	108.63
Fat	2.57g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	157.01mg
Carbohydrates	19.70g
Fiber	0.94g
Sugar	0.00g
Protein	3.75g
Vitamin A 111.11IU	Vitamin C 0.00mg
Calcium 18.76mg	Iron 0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	716.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34872
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	120 Pound	12, #10 logs	100158
SALSA 103Z 6-10 REDG	6 #10 CAN		452841
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	Or 4 cans	183910
ONION DEHY CHPD 15 P/L	6 Cup		263036
Taco Seasoning Mix	6 Cup		R-34871

Preparation Instructions

Soak 6 bags of refried beans in 3 gallons of hot water.

Brown ground beef in well sprayed tilt skillet and drain grease.

Mix in salsa, seasoning mix, tomato puree, tomato paste, onions, and refried beans. Stir well. Heat to 165 degrees for at least 15 seconds. Put 2 gal of taco meat in sprayed 48 metal pans.

Serve with a 3 oz ladle.

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 Facts

Servings Per Recipe: 716.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	212.29		
Fat	12.22g		
SaturatedFat	4.07g		
Trans Fat	2.00g		
Cholesterol	0.00mg		
Sodium	220.56mg		
Carbohydrates	9.33g		
Fiber	1.94g		
Sugar	2.28g		
Protein	15.94g		
Vitamin A	148.57IU	Vitamin C	1.09mg
Calcium	11.72mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brussels Sprouts

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound	5 bags	426288
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	1 envelope	209810
SEASONING GARDEN NO SALT 19Z TRDE	2 1/2 Tablespoon		565148
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SALT IODIZED 25 CARG	1/2 Teaspoon		108286

Preparation Instructions

Mix your prepared Butter buds and add seasonings . Add 2 bags of Brussel Sprouts at a time to coat the Brussel sprouts. Use a slotted ladle and place on a baking sheet lined with parchment paper sprayed with cooking spray. Then do the remainder 3 bags of Brussel Sprouts in the remainder seasonings and place on another cookie sheet. Bake at 20min. Split between all lines.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	Use GFS#285620 if commodity not available	100348
SALT IODIZED 25 CARG	1 Tablespoon		108286
SUGAR BEET GRANUL 50 GCHC	1/2 Cup		224413
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061

Preparation Instructions

Spray 4B metal pans. Place 10 # of corn per pan. Add ingredients and stir. Cover pans with plastic wrap and place on cart, put in cooler until time to cook. Remove plastic wrap and place in steamer. Cook approximately 20 - 30 minutes. Take out of steamer, stir . Temp at 141 deg or above for 15 seconds. Place 1 pan on serving lines in each room plus 1 pan on ala carte line. Balance of pans, cover with plastic wrap and put in warmers in each serving room.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.00		
Fat	1.60g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.23mg		
Carbohydrates	17.75g		
Fiber	2.00g		
Sugar	4.75g		
Protein	2.00g		
Vitamin A	40.91IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Bagel

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	480.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	5.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each		109000
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 Ounce		100036
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each		269200

Preparation Instructions

Biscuits:

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

Sausage Patty:

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

Assemble sandwich:

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29365
School:	Bremen Senior High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	1 Package		242390
Tap Water for Recipes	4 Quart		000001WTR

Preparation Instructions

Using a large metal bowl and wire whisk, put 4 qts of boiling water into bowl. Slowly add 1 bag of desired (Turkey or Chicken) gravy mix, while stirring quickly to prevent lumps in gravy.

Spray a long, skinny 4" metal pan with cooking spray. Pour mixed gravy into pan and cover with plastic wrap. Place covered pan in serving room warmers until ready to put on serving lines.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	11.86		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.74mg		
Carbohydrates	1.90g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.95mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
MARGARINE SLD 30-1 GFS	1/8 Pound		113271
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

Boil water in kettle. Pour 1 gallon of boiling water in large mixing bowl. Pour in potato pearls & stir with wire whisk.. Pour into sprayed 4B metal pan. Make 2 bags per pan. Place margarine on top and cover with plastic wrap. Place 1 pan on serving line in each room. Place balance of pans in warmers in each serving room.
Temp at 145 deg or above for 15 seconds.
Serve with a #8 disher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	Use GFS 156337 if USDA not available.	100307
SALT IODIZED 25 CARG	1 Tablespoon		108286
MARGARINE SLD 30-1 GCHC	3 Tablespoon		733061
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon		686691

Preparation Instructions

Spray 4B metal pans. Wipe off top of cans before opening green beans. Place 3 cans of drained green beans per pan. Add ingred. and stir. Cover with plastic wrap and place in cooler until time to cook. Remove plastic wrap and place in steamer 10-15 min. Remove from steamer, stir and temp. Must be at least 135 degrees. Cover and place in warmers in serving rooms.

Serve with 4 oz. slotted ladle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.71		
Fat	0.55g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	305.15mg		
Carbohydrates	3.88g		
Fiber	2.59g		
Sugar	1.29g		
Protein	1.29g		
Vitamin A	37.50IU	Vitamin C	0.00mg
Calcium	0.41mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli fzn	30 Pound	Use GFS 359010 if USDA not available.	110282comm
SAUCE MIX CHS INST 16-16Z GCHC	2 Package	For every 1 pouch of cheese sauce Boil 2 quarts of water. Pour into bowl and gradually add dry mixture, while mixing with a wire whisk.	578061
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

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

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

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

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

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

Serve with 4 fluid ounce spoodle/ladle.

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

Usually do 60 pounds of broccoli

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.83		
Fat	1.08g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	261.81mg		
Carbohydrates	11.68g		
Fiber	4.10g		
Sugar	2.44g		
Protein	4.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.72mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Butternut Squash

Servings:	13.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34877
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1 4-3 P/L	3 Pound		696134
OIL OLV XVGRN 3-1GAL FILIPPO	3 Teaspoon		645142
SALT IODIZED 25 CARG	2 Teaspoon		108286
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Teaspoon		225045

Preparation Instructions

Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with metal spatula. Enjoy!

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.77
Fat	1.08g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	361.66mg
Carbohydrates	11.08g
Fiber	1.85g
Sugar	1.85g
Protein	0.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.56mg	Iron 0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

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

Ingredients

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

Preparation Instructions

Instructions: DO NOT COOK NOODLES BEFORE 8:45

Heat chicken base and water, in kettle, to boiling.

Add: Dry onions, celery salt, black pepper, chicken base, to kettle, while heating.

Add: Meat to base. Stir slowly and mix well.

Add: Noodles, stir slowly, cook noodles 20 -25 minutes. Turn steam kettles to #2 setting and let noodle mixture simmer. Heat to at least 165 d. and hold for 15 seconds.

Pour into serving pans. Place pans on heated serving lines or in warming units.

Portion with 8z ladle (1 cup)

1 gallon- 12 servings

4B pan= 24 servings

6B pan= 48 servings

Meal Components (SLE)

Amount Per Serving

Meat	2.170
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cookie

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

Ingredients

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

Preparation Instructions

SEPERATE COOKIES WHILE IN FROZEN STATE. PLACE (4 X 6) ON STANDARD LINED SHEET (BUN) PAN. BAKE IMMEDIATELY IN PREHEATED OVEN APPROX 9-12 MINUTES. RACK OVEN: 360°F (180°C) REEL OVEN 380°F (195°C) DECK OVEN: 330°F (165°C) CONVECTION: 310°F (155°C). COOL AT ROOM TEMPERATURE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	103.15		
Fat	3.10g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	98.65mg		
Carbohydrates	18.50g		
Fiber	1.98g		
Sugar	9.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.93mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

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

Ingredients

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

Preparation Instructions

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

Serve with 4 oz. ladle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	187.55
Fat	5.16g
SaturatedFat	2.54g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	634.55mg
Carbohydrates	25.12g
Fiber	6.47g
Sugar	1.08g
Protein	10.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.83mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
