

Cookbook for Henderson County High School

Created by HPS Menu Planner

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TBJ special lunch

Wow butter and jelly

BBQ pulled pork

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Double Burger/Cheeseburger - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13923
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Should reach 165 degrees internal temp.

Once burgers are cooked assemble sandwich with 2 beef patty's per bun.

Add slice cheese for cheeseburger.

Place all assembled sandwiches and extra patties in warmer until meal time. Optional - wrap in foil.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
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 Per Serving

Calories	570.50
Fat	32.67g
SaturatedFat	13.13g
Trans Fat	1.69g
Cholesterol	120.17mg
Sodium	893.40mg
Carbohydrates	31.33g
Fiber	3.03g
Sugar	4.50g
Protein	37.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.50mg	Iron 5.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza/Salad Bar - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13930
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1/2 Slice	<p>BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	503962

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.520
Grain	2.500
Fruit	0.000
GreenVeg	1.625
RedVeg	0.338
OtherVeg	0.063
Legumes	0.000
Starch	2.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	513.13
Fat	21.85g
SaturatedFat	10.15g
Trans Fat	0.00g
Cholesterol	53.10mg
Sodium	689.95mg
Carbohydrates	55.48g
Fiber	7.44g
Sugar	10.94g
Protein	26.58g
Vitamin A 5506.52IU	Vitamin C 33.77mg
Calcium 521.98mg	Iron 4.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18503
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Wash Hands and Put on Gloves

Get buns out to thaw, if not already thawed.

Chicken Patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble Sandwich and put in warmer or leave separate and place cooked chicken patty's in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories	350.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	380.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	4.60mg

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

Nutrition - Per 100g

Calories	246.92		
Fat	8.11g		
SaturatedFat	1.41g		
Trans Fat	0.00g		
Cholesterol	24.69mg		
Sodium	268.08mg		
Carbohydrates	27.51g		
Fiber	3.53g		
Sugar	2.82g		
Protein	14.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	3.25mg

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Yogurt Bar - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18513
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Ounce		811490
PEACH DCD 3/8 IQF 2-5 DOLE	1/4 Cup		192151
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/4 Cup		119873
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.618
Grain	0.653
Fruit	0.875
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 Cup

Amount Per Serving

Calories	357.20
Fat	2.43g
SaturatedFat	0.93g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	231.34mg
Carbohydrates	76.43g
Fiber	3.12g
Sugar	47.92g
Protein	10.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 283.58mg	Iron 1.22mg

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Nutrition - Per 100g

No 100g Conversion Available

Colonel Chick-Filet - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18514
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

Preparation Instructions

Wash Hands and put on gloves.

Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes.

Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	370.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	670.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	3.80mg

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Nutrition - Per 100g

Calories	326.28		
Fat	9.26g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	61.73mg		
Sodium	590.84mg		
Carbohydrates	37.92g		
Fiber	1.76g		
Sugar	5.29g		
Protein	23.81g		
Vitamin A	88.18IU	Vitamin C	0.00mg
Calcium	79.37mg	Iron	3.35mg

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Stromboli - HCHS

Servings:	1300.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19797
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL HOAGIE 6 12-6CT GCHC	1 Each		206580
BEEF CRMBL CKD IQF 6-5# JTM	3 Ounce		661940
SAUCE MARINARA SMOOTH 6-10 PG	1/2 Cup		231762
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Teaspoon		413461
PEPPERS GREEN DCD 1/2 2-3 RSS	1/4 Cup		283959

Preparation Instructions

Place beef crumbles in bags steamer or in tilt skillet out of bag for 30 min or until internal temperature reaches 165 or above.

Mix Italian pizza seasoning and marinara sauce to the beef crumbles.

Place hoagie rolls on sheet pan. Add beef, diced peppers, mozzarella cheese and cook in oven a 350 until reaches internal temp of 165 above and bread has a nice brown look.

Wrap in foil and serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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: 1300.00

Serving Size: 1.00

Amount Per Serving

Calories	0.53		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	1.34mg		
Carbohydrates	0.05g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.11IU	Vitamin C	0.02mg
Calcium	0.40mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Holes w/Sugar & Cinnamon - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19805
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520
SUGAR CANE GRANUL XFINE 50# P/L	1 Tablespoon		563191
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723

Preparation Instructions

Thaw donuts overnight. Place donuts on flat pan and Heat at 350 for 5 minutes.

Mix sugar and cinnamon together in a pan.

Roll donuts until coated with sugar cinnamon mix.

Serve.

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: 200.00

Serving Size: 6.00

Amount Per Serving			
Calories	1.63		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.60mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.09g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable - Central

Servings:	5.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20261
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	May also use commodity string cheese.	786580
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	Use these or goldfish grahams	503370
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	Use these or honey maid grahams	198472

Preparation Instructions

Must serve 1 uncrustable, 1 cheese stick, and 1 cracker to make it complete.

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

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: 5.00

Serving Size: 1.00

Amount Per Serving			
Calories	126.00		
Fat	5.80g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	145.00mg		
Carbohydrates	15.40g		
Fiber	1.40g		
Sugar	6.00g		
Protein	3.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.20mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Colonel's Hot Brown - HCHS

Servings:	900.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20274
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice	UNSPECIFIED Not Applicable	527380
BREAD TX TST SLCD WHT 3/4 12-22Z	1 Slice		793350
BACON TKY L/O 28-32CT FZ 2-6 KE	2 Slice		219901
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PARSLEY CALIF CLND 4-1 RSS	1/2 Ounce		272396
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

Preparation Instructions

1. Place turkey bacon on pan & cook until bacon is crispy.
2. Place sliced tomatoes on tray and cook in oven until warm.
3. Spray Texas toast with butter spray & toast in oven until golden brown and crisp.
4. Place 4 slices of ham on toast.
5. Drizzle some cheese sauce over ham and toast.
6. Place 2 tomato slices and drizzle more cheese sauce.
7. Top with two slices of bacon and but complete sandwich in oven to heat thoroughly.
8. Garnish with parsley sprigs.
9. Place in warmer until time to serve.

Meal Components (SLE)

Amount Per Serving

Meat	8.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.45		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.12mg		
Sodium	1.47mg		
Carbohydrates	0.03g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.89IU	Vitamin C	0.01mg
Calcium	0.39mg	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

Grilled Cheese - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20275
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	4 Slice		189071
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Spray with butter spray or spread liquid butter on bottom slice of bread.

Put 4 Slices of Cheese on bread then top with 2nd slice of bread. Spray with butter spray or spread liquid butter.

Bake until bread is toasted and cheese melted, should reach 145 degrees.

Keep in warmer until time to serve.

4 slices of cheese = 2 oz meat

2 slices of bread = 2 oz grain

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: 500.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.64		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	1.26mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.98mg	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

Wings - HCHS

Servings:	1200.00	Category:	Entree
Serving Size:	1200.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20438
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
RUB CLASSIC BBQ 4.25 TRDE	1 Teaspoon		860421

Preparation Instructions

Coat chicken wings with dry rub and place on flat pan. Cook at 350 degrees for 30-35 minutes or until reach internal temp of 165 degrees or above.

Keep in warmer on flat pans until serving time and maintain temp of 145 degrees internal temp or above.

Can put wings in 1/2 pan on line to serve.

5 wings per servings.

**Optional-can serve with sauces.

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: 1200.00

Serving Size: 1200.00 Each

Amount Per Serving

Calories	0.21		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.09mg		
Sodium	0.56mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Queso Chicken & Rice - HCHS

Servings:	1000.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21800
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Thaw and heat.	722110
RICE SPANISH 6-36Z UBEN	3 Ounce	Cook per package instructions.	555169
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Steam until reaches 165 or above internal temp	570533

Preparation Instructions

Mix all three ingredients together and cook until temp reaches internal temp of 165 or above.

Meal Components (SLE)

Amount Per Serving

Meat	0.003
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: 1000.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	0.45		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	1.14mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.18mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	0.26		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	0.67mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.11mg	Iron	0.00mg

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

Buffalo Chicken Dip - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22635
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	15 Pound	Steam UNCOVERED for 10-12 min until internal temp reaches 165. Drain.	570533
CHEESE CREAM LOAF 10-3 GCHC	15 Pound	LEAVE IN PLASTIC WRAP. Steam for 5-8 min until soft. 15 lbs = 5 loaves	163562
SAUCE HOT 4-1GAL TXPETE	15 Cup		263030
DRESSING RNCH BTRMLK 4-1GAL GCHC	15 Cup		426598
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	15 Quart		606952
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

WE USED FOR 1100 SERVINGS: 6 GALLONS OF HOT SAUCE, 6 GALLONS OF RANCH, 3 CASES + 4LB OF CREAM CHEESE, 5 CASES OF SHREDDED CHEESE, 10 CASES OF DICED CHICKEN.

IF USE BAKEABLE BOWLS, WILL NEED 2 CASES OF 720.

Steam chicken to 165 degrees and soften cream cheese. (See prep instructions)

Mix cream cheese and chicken until combined.

Add hot sauce, ranch dressing, and cheese and mix until combined.

Using 4 oz scoop, place 1 (one) scoop into each bowl.

Bake on convection at 325 for 12-15 min. NO NOT use browning level or turbo.

Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	2.580
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	398.24
Fat	33.24g
SaturatedFat	15.31g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	770.16mg
Carbohydrates	3.55g
Fiber	0.38g
Sugar	0.60g
Protein	18.02g
Vitamin A 430.64IU	Vitamin C 0.00mg
Calcium 272.23mg	Iron 0.44mg

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

Nutrition - Per 100g

Calories	351.19
Fat	29.31g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	74.96mg
Sodium	679.16mg
Carbohydrates	3.13g
Fiber	0.33g
Sugar	0.53g
Protein	15.89g
Vitamin A 379.76IU	Vitamin C 0.00mg
Calcium 240.06mg	Iron 0.38mg

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

McColonel McMuffin - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23341
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each		785880
Egg Patty Round Commodity	1 PATTY		
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Cook sausage & egg patty per their instructions. Make sure they are cooked to 165 degrees internal temp. Once sausage & egg are cooked place on English Muffin along with a slice of cheese and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.010
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.76		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.57mg		
Sodium	3.39mg		
Carbohydrates	0.14g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.08g		
Vitamin A	0.28IU	Vitamin C	0.00mg
Calcium	1.06mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese - HCHS

Servings:	1300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23354
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	5 Ounce		779160
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS

PLACE ON PAN

PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED

PLACE IN WARMER UNTIL SERVING TIME

5 oz of Ham = 3.75 oz meat

1 slice of cheese = .5 oz meat

1 bun = 2 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	4.250
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: 1300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.27		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	1.08mg		
Carbohydrates	0.03g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	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

BBQ Chicken - HCHS

Servings:	900.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27719
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fajita Strips	1 Ounce		17907
Unseasoned, chicken Strips, cooked, frozen	1 Ounce		110462
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

Cook chicken in steamer for 30 min or until internal temp reaches 165 degrees.

Chop up/shred chicken.

Cover and mix with bbq sauce and place in warmer.

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: 900.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.54mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepper Jack Chicken - HCHS

Servings:	65.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28107
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Unseasoned, chicken Strips, cooked, frozen	2 Package		110462
CHEESE PEPR JK SHRD FTNR 4-5 P/L	1 Gallon		114422
Shredded Mild Cheddar Cheese	1 Gallon		122190

Preparation Instructions

Cook chicken in steamer until reaches 165 degree internal temp.

Mix in pepper jack cheese then heat until cheese melted.

Serve. - Hold temp at 145 degrees or more.

2 bags of chicken, 1 gallon of shredded Cheddar Cheese & Pepper Jack Cheese.

Salt, Pepper, Garlic Powder, Onion Powder. Serves 65

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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: 65.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	2.66		
Fat	0.18g		
SaturatedFat	0.10g		
Trans Fat	0.01g		
Cholesterol	1.04mg		
Sodium	4.78mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.25g		
Vitamin A	4.67IU**	Vitamin C	0.00mg
Calcium	2.79mg	Iron	0.00mg

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

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

Nutrition - Per 100g

Calories	2.35		
Fat	0.16g		
SaturatedFat	0.09g		
Trans Fat	0.01g		
Cholesterol	0.92mg		
Sodium	4.22mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.22g		
Vitamin A	4.12IU**	Vitamin C	0.00mg
Calcium	2.46mg	Iron	0.00mg

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

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

Pop Tarts - 2 pack - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28133
School:	Henderson County High School		

Ingredients

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

Preparation Instructions

Only serve 1 package of 2 poptarts per student. May use a variety of flavors.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.30		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	1.15mg		
Sodium	4.30mg		
Carbohydrates	1.11g		
Fiber	0.09g		
Sugar	0.45g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.60mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28148
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage and Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 biscuit = 2 oz grain

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.96		
Fat	0.14g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.21mg		
Sodium	4.06mg		
Carbohydrates	0.12g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.24mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger - HCHS

Servings:	600.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28158
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Put one piece of cheese on beef patty and places on bun.

Wrap in foil and place in warmer until time to serve. Hold temp should be 145 degrees. Hold time is 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.95		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	1.41mg		
Carbohydrates	0.05g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.27mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Every Day Fruit - HCHS

Servings:	600.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28349
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR 95-110CT MRKN	1 Piece		198056
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
APPLE DELIC GLDN 125-138CT MRKN	1 Piece		597481
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131970
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1 Ounce	READY_TO_EAT Ready to Eat	216300
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
CRANBERRY DRIED 200-1.16Z OCSPR	1 Each		784641
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	READY_TO_EAT	544426
Mixed Berry Cup	1 1	READY_TO_EAT Thaw and Serve	
Strawberry Cups Froz	1		
Peaches, Diced, Cups, Frozen	1		51478

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.017
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.74		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.06mg		
Carbohydrates	0.68g		
Fiber	0.07g		
Sugar	0.58g		
Protein	0.02g		
Vitamin A	0.97IU	Vitamin C	0.23mg
Calcium	0.34mg	Iron	0.01mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal 1 oz - HCHS

Servings:	200.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28382
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
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 FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
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

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	3.86		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.60mg		
Carbohydrates	0.81g		
Fiber	0.06g		
Sugar	0.24g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.03mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal 2 oz - HCHS

Servings:	150.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28557
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package		105307
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 container		105931
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1		105357
Cocoa Puffs 2 oz	1 Container		105850

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	7.07		
Fat	0.11g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.73mg		
Carbohydrates	1.43g		
Fiber	0.12g		
Sugar	0.49g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.07mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheese Steak - HCHS

Servings:	525.00	Category:	Entree
Serving Size:	6.25 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28573
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHL SEAS CKD 2.86Z 6-5 JTM	6 Ounce	steam in steamer for about 20 min or until reaches 140 degrees. Or can bake in oven at 350 for 8-10 min or until reaches 140 degrees.	720861
SAUCE CHS WHT QUESO 4- 5 BIB JTM	1 Each	steam until reaches temp of at least 140.	701201
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

If beef steak and cheese are thawed but into pan and steam together to temp of 140.00

If not thawed, steam steak to temp of 165 and cheese to at least 140. Once reach temp, mix together.

Serve on Sub Bun.

6 oz of philly steak = 4 oz of meat

1 oz of queso cheese = .15 oz meat

1 sub bun = 2 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	4.150
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: 525.00

Serving Size: 6.25 Ounce

Amount Per Serving

Calories	3.64		
Fat	0.22g		
SaturatedFat	0.10g		
Trans Fat	0.01g		
Cholesterol	0.91mg		
Sodium	10.62mg		
Carbohydrates	0.13g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.27g		
Vitamin A	2.29IU	Vitamin C	0.01mg
Calcium	1.65mg	Iron	0.03mg

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

Nutrition - Per 100g

Calories	2.05		
Fat	0.12g		
SaturatedFat	0.06g		
Trans Fat	0.01g		
Cholesterol	0.51mg		
Sodium	5.99mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.03g		
Protein	0.15g		
Vitamin A	1.29IU	Vitamin C	0.01mg
Calcium	0.93mg	Iron	0.02mg

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

Sausage, Egg, & Cheese Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28674
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Cheese, American Blended, Yellow, Skim/Red Fat, Sliced	1	1 slice commodity cheese	51551
Egg Patty Round Commodity	1 PATTY	cook at 350 for about 12 min until reaches 165	
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1 slice	150260

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min until reaches 145

Cook Egg at 350 for about 12 min until reaches 165

Put Sausage, Egg, and Cheese on Biscuit and wrap in foil. Serve. Holding temp 145 degrees.

1 egg patty = 1 oz meat

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.46
Fat	0.18g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.65mg
Sodium	5.63mg
Carbohydrates	0.13g
Fiber	0.01g
Sugar	0.02g
Protein	0.08g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.72mg**	Iron 0.01mg**

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

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Taco - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28703
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SHELLS 4-4.25 187CT MCC	4 Each		649790
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	Thaw in walk in prior to using. to cook steam until temp reaches 165.	722330
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Cup	thaw in walk in prior to using. steam until reaches 145 degrees or more	701201
SAUCE CHS NACHO DLX 6-10 GCHC	1 Cup		323616
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT 100-1Z GCHC	1		745903
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1 Cup		780995

Preparation Instructions

Steam taco filling mixed with salsa until reaches 165 degrees.

Steam queso cheese then hold in warmer.

4 potato skins per serving - Put liquid butter and salt on inside of potato and spread. Spoon nacho cheese onto potato and cook per potato instructions.

When finished cooking place 3 oz of taco filling onto potato and top with shredded cheese then place back in oven to melt cheese.

Serve with sour cream and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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: 500.00

Serving Size: 0.00

Amount Per Serving

Calories	3.02		
Fat	0.17g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.49mg		
Sodium	10.34mg		
Carbohydrates	0.23g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.11g		
Vitamin A	2.40IU	Vitamin C	0.01mg
Calcium	3.54mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt with Grahams - HCHS

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28785
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Each		503370
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612

Preparation Instructions

Students get one yogurt, flavor may vary, and 1 graham package.

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: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.82		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.86mg		
Carbohydrates	0.35g		
Fiber	0.02g		
Sugar	0.16g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger - HCHS

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28788
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Place beef patty on bun and wrap in foil. Hold at 145 degrees for no more than 4 hours.

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: 500.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.03		
Fat	0.06g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	1.24mg		
Carbohydrates	0.05g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn - HCHS

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28789
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup		283730
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

Use commodity corn if available.

CORN CAN BE COOKED WITHOUT THAWING.

Add butter and pepper to taste.

STEAMER: PLACE FROZEN CORN IN STEAMER PAN. STEAM UNCOVERED FOR ABOUT 15-20 MIN. DEPENDING ON NUMBER OF PANS IN STEAMER. DRAIN. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	200.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	85.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.40mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

McColonel Griddle - HCHS

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28922
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty Round Commodity	1 PATTY	cook per instructions. steam until reaches 165 degrees	
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook per instructions	641783
Sliced American Cheese	1 Ounce		100018
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
EGG OMELET PLN SNGL FOLD 75-3Z GCHC	1 Each		462497

Preparation Instructions

Cook each item per item instructions. Make sure all items reach temp of 165 degrees.

Using 2 pancakes place a slice of cheese, 1 egg patty , & 1 sausage patty between the two patties and serve.

Can serve w/syrup.

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	4.93		
Fat	0.34g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	2.72mg		
Sodium	6.40mg		
Carbohydrates	0.25g		
Fiber	0.01g		
Sugar	0.10g		
Protein	0.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.68mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich - HCHS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29009
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
BUN HAMB SLCD 4 10- 12CT GCHC	1 Each		763233

Preparation Instructions

Cook fish per item instructions.

Place on bun and wrap in foil. Hold at 145 degrees.

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: 1.00 Each

Amount Per Serving

Calories	3.10		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	4.60mg		
Carbohydrates	0.44g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad - HCHS

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29228
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
DRESSING RNCH LT 4-1GAL GCHC	2 Tablespoon		472999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.400
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories			0.20
Fat			0.01g
SaturatedFat			0.01g
Trans Fat			0.00g
Cholesterol			0.04mg
Sodium			0.40mg
Carbohydrates			0.02g
Fiber			0.00g
Sugar			0.00g
Protein			0.01g
Vitamin A	7.01IU	Vitamin C	0.01mg
Calcium	0.22mg	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 Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29322
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty Round Commodity	1 PATTY	cook for about 10 min at 350 or until reaches 165 degrees internal temp	
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1 slice = .5 oz meat	150260

Preparation Instructions

Cook biscuit according to instructions on box. Cook @ 350 for about 12 minutes.

Cook egg patty according instructions on box. Cook at 350 for 15 minutes or until internal temp reaches 165 degrees.

Put slice of cheese on biscuit along with egg, wrap in foil, and serve. Holding temp at 145 degrees.

1 cheese slice = .5 oz meat

1 egg patty = 1 oz meat

1 biscuit = 2 oz grain

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.36		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	3.48mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.62mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo - HCHS

Servings:	900.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29343
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce		491074
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533

Preparation Instructions

Steam both the chicken and alfredo until reach internal temp of 165 degrees. Chicken will take around 20 min. and Alfredo will take around 30-40 min.

Mix chicken with alfredo and serve.

6 oz of Alfredo w/penne = 2 oz meat & 1 oz grain

2 oz of diced chicken = 2 oz meat

Meal Components (SLE)

Amount Per Serving

Meat	0.005
Grain	0.001
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	0.43		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	0.87mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	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

Calories	0.26		
Fat	0.01g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.51mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.26mg	Iron	0.00mg

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

Colonel's Crazy's Burger - Culinary HS

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29344
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CRSE GRND 3/8 80/20 6-5 HALP	1 1/2 Pound	Thaw pork under refrigeration.	639220
CHEESE PEPR JK SLCD 8-1.5# LOL	6 Slice	Keep Refrigerated till ready to use.	238951
ONION RING BATRD 3/8 6-2.5 GCHC	6 Each	BAKE PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3 4 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	267100
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	6 Each		517810
SPICE ONION MINCED 12Z TRDE	1/4 Cup		513997
PEPPERS GREEN STRP 3/4 2-3 RSS	1/4 Cup	minced	849995
PEPPERS RED 5 P/L	1/4 Cup	minced	597082
GARLIC PLD FRESH 5 RSS	3 Each	minced	428353
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon		242179
RADISH CLEANED 2-3 RSS	3 Each	sliced	233986
ONION GREEN CLPD 4-2 RSS	1 Ounce		198889

Description	Measurement	Prep Instructions	DistPart #
ONION RING RED 1/4 2-5 RSS	1 Each		429198
BACON TKY L/O 27CT/AVG 4-3 GCHC	6 Slice		218631

Preparation Instructions

Wash hands and put on gloves, Preheat oven to 400F. Gather equipment and ingredients needs. Remove the ground pork from the refrigerator last to prevent time and temperature abuse. . Place each red onion slice on top of the baking sheet. Combine pork colonel's crazies BBQ sauce, minced onion, green pepper, red pepper, garlic, all purpose seasoning, and black pepper mixing with gloved hands. Divide the meat mixture into 6 equal portions. Pat the portions into patties. Place patty on each onion slice molding it to the onion. Bake in preheated oven for about 30-40 minutes. Using a bi-metallic thermometer, check the internal temperature it should reach 155F. Place a wire rack on sheet pan. Spray the rack with pan coating well. Place the breaded onion rings on the rack and bake until golden brown. once baked keep warm. Fry bacon in a skillet until crisp. Place cooked bacon on paper towel to drain any excess grease. Break each slice in half. Brush buns with olive oil and place in skillet, heating until warm. Place the buns on a sheet pan. Assemble the burger by spooning the BBQ sauce on the bottom and top of each heated bun, add the burger, 2 pieces of bacon(1 slice), pepper jack cheese, onion ring, then drizzle the BBQ sauce over the onion ring and burger.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.040
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	293.42		
Fat	9.78g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	549.38mg		
Carbohydrates	46.95g		
Fiber	4.77g		
Sugar	7.52g		
Protein	13.77g		
Vitamin A	170.72IU	Vitamin C	18.27mg
Calcium	150.27mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Colonel's Crazy's Spicy Slaw - Culinary HS

Servings:	6.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29345
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE GREEN 45 P/L	2 Cup	Wash cabbage and chop	198463
ZUCCHINI MED 17AVG MRKN	1 Cup	wash and chop	198927
SQUASH MED YEL S/N 17AVG MRKN	1 Cup	wash and chop	198935
CARROT WHL PEELED 2-10 RSS	1/2 Cup	wash and sherd	198145
RADISH CLEANED 2-3 RSS	1/2 Cup	wash and slice	233986
PEPPERS GREEN STRP 3/4 2-3 RSS	1/4 Cup	wash and finely chop	849995
PEPPERS RED 5 P/L	1/4 Cup	wash and finely chop	597082
ONION RED JUMBO 25 MRKN	1/4 Cup	wash and finely chop	198722
RAISINS DRD GOLDEN 1-5	1/4 Cup		559970
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
SPICE CELERY SEED WHOLE 16Z TRDE	1 Tablespoon		224677
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
SEASONING WESTERN BBQ 19Z TRDE	1 Teaspoon		513962
CRANBERRY DRIED SWTND 10 OCSPR	1/4 Cup		350882

Preparation Instructions

Gather equipment needed along with all ingredients. Place damp towel under your cutting board before you start cutting your vegetables. Whisk ingredients for the dressing in a small saucepan and bring to a boil. Boil for 8 minutes or until the dressing begins to thicken. cool the dressing using the ice water method. Wash vegetables by gently them under cool running water. Place vegetables as you chop into a large mixing bowl add 1/4 of the almonds and toss. Pour dressing over vegetables mix well until combined. Top with remaining almonds. Serve immediately or

refrigerate until; ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.083
GreenVeg	1.700
RedVeg	0.040
OtherVeg	0.089
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	137.09
Fat	0.15g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	123.78mg
Carbohydrates	32.73g
Fiber	3.19g
Sugar	27.19g
Protein	1.79g
Vitamin A 2458.88IU	Vitamin C 38.41mg
Calcium 52.26mg	Iron 0.74mg

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

Nutrition - Per 100g

Calories	120.90
Fat	0.14g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	109.15mg
Carbohydrates	28.87g
Fiber	2.81g
Sugar	23.98g
Protein	1.58g
Vitamin A 2168.36IU	Vitamin C 33.87mg
Calcium 46.09mg	Iron 0.65mg

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

Colonel's Crazy's BBQ Sauce - Culinary HS

Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29346
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE 26 6-10 GCHC	2 Tablespoon		100196
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 Tablespoon		629640
SUGAR BROWN LT 12-2 P/L	3 Tablespoon		860311
SAUCE WORCESTERSHIRE 12-10FLZ L&P	1 Tablespoon		293431
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SMOKE LIQUID 1-QT GCHC	1 Teaspoon		242152
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SPICE PEPR BLK REST GRIND 5 TRDE	1/2 Teaspoon		242179
SPICE PEPR RED CRUSHED 12Z TRDE	1/2 Teaspoon		430196
SODA CAN DR. PEPPER 24-12FLZ DR PEPR	1 1/2 Cup		195741
1-24 16.9OZ AQUAFINA WATER	1/4 Cup		545482

Preparation Instructions

Combine all ingredients into a medium pan. Whisk together using a wire whip until all ingredients are blended. Over medium heat bring the mixture to a boil. Reduce heat to medium. Simmer while stirring continuously. Simmer for 10-15 minutes or until the sauce has thickened. Cool BBQ sauce using the ice water bath method. Use 1/2 cup of the sauce in the colonels crazies' burgers and reserve the other to put on the bun.

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: 6.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	31.03**		
Fat	0.00g**		
SaturatedFat	0.00g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	213.16mg**		
Carbohydrates	8.19g**		
Fiber	0.17g**		
Sugar	7.18g**		
Protein	0.17g**		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	2.09mg**	Iron	0.17mg**

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

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

Nutrition - Per 100g

Calories	109.47**		
Fat	0.00g**		
SaturatedFat	0.00g**		
Trans Fat	0.00g**		
Cholesterol	0.00mg**		
Sodium	751.91mg**		
Carbohydrates	28.89g**		
Fiber	0.59g**		
Sugar	25.32g**		
Protein	0.59g**		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	7.37mg**	Iron	0.59mg**

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

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

Sausage & Egg Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29366
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage, Egg, & Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.24		
Fat	0.16g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.27mg		
Sodium	5.18mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.65mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes - HCHS

Servings:	800.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29389
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	4 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	1 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

Preparation Instructions

Use either type of potato pearls

1 large pan - Use 2 boxes of potato pearls, 2 oz of black pepper, and 1 package of butter buds.

Use 3 gallons of water, more or less depending on how the potatoes set up.

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: 800.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.93		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.08mg		
Carbohydrates	0.43g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas - HCHS

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29390
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	1/2 Cup		283760
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

season to taste.

Steam for about 20 min or until reaches 165 degrees

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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.04g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	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

Green Beans - HCHS

Servings:	650.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29391
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	487 1/2 Cup	BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BASE BEEF NO MSG LO SOD 6-1 MINR	650 Fluid Ounce		580562
ONION DEHY CHPD 15 P/L	1300 Fluid Ounce		263036
SPICE PEPR BLK REG FINE GRIND 16Z	650 Tablespoon		225037

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

STEAMER - Open cans and drain at least 2 cans of 4 cans. Put 4 cans in large pan. Add ingredients. Put in steamer and steam for 30-40 min.

OPEN AND EMPTY CANS INTO TILT SKILLET

ADD BEEF BASE, DEHYDRATED ONIONS AND BLACK PEPPER.

COOK AT 350 DEGREE F FOR 2 HOURS

FOR STOVE TOP EMPTY CANS INTO STOCK POT, ADD ADDITIONAL INGREDIENTS

COOK ON LOW FOR 3 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	79.08		
Fat	0.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	197.78mg		
Carbohydrates	18.13g		
Fiber	4.50g		
Sugar	4.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.85mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli - HCHS

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29393
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	1/2 Cup	Frozen Broccoli	704547
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup	Fresh Broccoli	732478
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

SPRAY PAN ADD BROCCOLI, AND SEASONING.

STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER IF FRESH BROCCOLI,

IF FROZEN WILL NEED TO STEAM FOR ABOUT 12 MIN OR UNTIL LIGHTLY TENDER.

*DO NOT OVERCOOK OR IT WILL TURN TO MUSH

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	37.90
Fat	0.30g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	90.00mg
Carbohydrates	12.00g
Fiber	2.40g
Sugar	2.00g
Protein	2.60g
Vitamin A 566.93IU	Vitamin C 81.17mg
Calcium 42.77mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stir Fry - HCHS

Servings:	600.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29394
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup		440884
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.01mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend - HCHS

Servings:	600.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29395
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
VEG BLEND CALIF 6-4 GCHC	1 Cup		610891

Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.05mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	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

Carrots - Steamed - HCHS

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29396
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG 30 KE	1/2 Cup		359020
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

Season to taste. Steam for 20 minutes or until tender. Be careful not to over cook.

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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.25mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	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

Sausage & Cheese Biscuit - HCHS

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29443
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	Cook at 350 for about 12-15 min or until internal temp reaches 165 degrees	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

Once sausage and biscuit have been cooked per individual instructions add slice of cheese to biscuit and put sausage on biscuit and wrap in foil. Keep in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.14		
Fat	0.15g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	4.58mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.73mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco - HCHS

Servings:	1000.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29557
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	6 Ounce	Cook per instructions on box	722330

Preparation Instructions

Serve with Fritos or Tostito Scoops.

Can also be served with salsa cup and sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	6.250
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: 1000.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.21		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	0.56mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	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

Carrots - Buttered - HCHS

Servings:	500.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29943
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	1 Cup	Drain Carrots	118915
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

Use 1/2 pans.

Drain Carrots

Put 3 - 4 drained carrots into pan. Add 1/2 package of butter buds.

Steam for 15-20 min, until tender.

Serve. Hold temp 145 degrees.

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: 500.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.12mg		
Carbohydrates	0.03g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Cup - HCHS

Servings:	500.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29945
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CELERY STIX 4-3 RSS	1 Cup		781592

Preparation Instructions

Use 9 oz cups with lids.

Can use any of the above listed items. Fill 9 oz cup with at least 2-3 of the items listed above.

Keep refrigerated.

Serve with Ranch Cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.25		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.01mg		
Sodium	0.61mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	1.06IU	Vitamin C	0.08mg
Calcium	0.25mg	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 Potato - HCHS

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29947
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	1 Each	Wash. Wrap in Foil. Bake in oven at 400 degrees for 40-45 min or until tender and reaches internal temp of 165.	233293
MARGARINE CUP SPRD WHPD 900-5GM GCHC	1 Each		772331
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841
BROCCOLI FLORET REG CUT 4-3 RSS	1 Cup		732478
TACO FILLING PORK REDC FAT 6-5 COMM	2 Ounce		641390

Preparation Instructions

See Potato prep and cooking instructions. Once cooked. Hold in warmer with holding temp at 145 degrees.

Can serve potato with any of the following items listed above.

***Serve on Salad Bar Line.

Meal Components (SLE)

Amount Per Serving

Meat	0.041
Grain	0.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.004
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	3.70		
Fat	0.19g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.92mg		
Sodium	6.14mg		
Carbohydrates	0.22g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.28g		
Vitamin A	9.89IU	Vitamin C	0.90mg
Calcium	2.17mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parsley Potatoes - HCHS

Servings:	108.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29953
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GCHC	54 Cup		169501
BUTTER SUB 24-4Z BTRBUDS	540 Tablespoon		209810
SPICE PARSLEY FLAKES 2Z TRDE	108 Teaspoon		259195
ONION DEHY CHPD 15 P/L	54 Cup		263036

Preparation Instructions

Using 1/2 pans, pour 3-4 cans of potatoes in pan (DO NOT DRAIN).

Mix the following into the potatoes:

Butter Buds - 1/2 package

Parsley Flakes - 1/2 cup

Dry Onion - 1/2 cup

Place in steamer and steam for about 12-15 min until potatoes are tender and reach at least 145 degrees internal temp.

Hold in warmer - 145 degrees.

Serve.

1 can of potatoes = 18 servings, 1 case of potatoes = 108 servings.

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: 108.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.18		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	436.28mg		
Carbohydrates	44.45g		
Fiber	4.49g		
Sugar	2.00g		
Protein	3.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.55mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Wrap - HCHS

Servings:	32.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29954
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	1 Cup		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Package		451730
PEPPERS GREEN DCD 1/2 2-3 RSS	1 Cup		283959
CARROT BABY WHL CLEANED 12-2 RSS	1 Package		510637
CHEESE CHED MLD SHRD 4-5 LOL	1 2/7 Cup		150250
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
DRESSING ITAL FF 4-1GAL PMLL	3 Ounce		181262

Preparation Instructions

1 bag of lettuce makes 32 wraps.

Slice the carrots and cucumbers into pieces.

Mix bag of lettuce, with green peppers, tomatoes, carrots, and cucumbers and mix in Italian dressing.

Place mixture onto soft shell tortilla and wrap. Cut into half and put into sandwich wedge container.

Serve.

Keep Refrigerated.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	24.75		
Fat	1.54g		
SaturatedFat	1.01g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	52.42mg		
Carbohydrates	1.54g		
Fiber	0.24g		
Sugar	0.48g		
Protein	1.19g		
Vitamin A	184.42IU	Vitamin C	3.80mg
Calcium	35.07mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bars

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	154.00
Fat	4.40g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	109.00mg
Carbohydrates	26.80g
Fiber	2.60g
Sugar	8.60g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 98.00mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Elementray

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	WASHED AND READY TO ENJOY.	165761
SPINACH BABY CLND 2-2 RSS	1/2 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	560545
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/6 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732451
CAULIFLOWER BITE SIZE 2-3 RSS	1/6 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732486
CUCUMBER SELECT 24CT MRKN	3 Slice	RINSE THOROUGHLY. READY FOR RAW CONSUMPTION OR USE IN A COOKING APPLICATION.	418439
CARROT SHRD MED 2-5 RSS	1 Ounce	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	313408
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon	THAW AND SERVE.	192198
HAM DCD W/A 1/4 3-4 GCHC	2 Ounce	GENERALLY SERVED COLD, CAN BE GRILLED FOR SANDWICHES	199834
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	592315
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	READY TO USE PORTION PACKETS	195774
CRACKER CAPTAIN'S WAFER 400-2CT	1 Each	Ready to eat.	720121

Preparation Instructions

- Wash hands with soap and hot water
- Put gloves on and gather all ingredients to make salad
- Wash all vegetables before starting
- Cut cucumbers into slices

Dice green peppers

Place all ingredients in appropriate container

Store in walk-in or reach-in until ready to serve

Serve with dressing of choice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	3.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.70
Fat	23.80g
SaturatedFat	3.60g
Trans Fat	0.00g
Cholesterol	101.67mg
Sodium	962.64mg
Carbohydrates	20.03g
Fiber	8.25g
Sugar	10.49g
Protein	21.17g
Vitamin A 5137.82IU	Vitamin C 83.90mg
Calcium 132.98mg	Iron 3.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable & Grahams

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31508
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	536012
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each	Ready to eat	786830
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	Ready to eat	194510
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	Ready to eat	503370
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package	Ready to eat	859550

Preparation Instructions

Wash hands with soap and hot water

Put on gloves

Place 1 PB&J, 1 cheese stick and grahms in a bag and seal.

Discard any leftovers

Must serve 1 uncrustable, 1 cheese stick, and 1 cracker to make it complete.

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	530.00
Fat	24.75g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	582.50mg
Carbohydrates	64.50g
Fiber	6.00g
Sugar	26.50g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.50mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut butter and jelly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH 35 GFS	1 Tablespoon		279013
Grape Jelly	1 Tablespoon	READY_TO_EAT	DT-60241
BREAD WHT SFT SLCD 1/2 16-22Z GCHC	2 Slice		204782

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: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	9.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	317.50mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	7.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Waffle (Clems) - HCHS

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32325
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Waffle Bites	1	THIS ITEM IS FROM CLEMS. INDIVIDUALLY WRAPPED, NOT CHICKEN WAFFLE BITES FROM GFS. 2021 From frozen bake. Keep in individual wrap. Do not over cook. Convection oven-preheated oven at 325F for 10-15 minutes	

Preparation Instructions

THIS ITEM IS NOT CHICKEN WAFFLE BITES - IT IS A ITEM FROM CLEMS. IT IS INDIVIDUALLY WRAPPED AND SHOULD BE COOKED WRAPPED. DO NOT OVER COOK. COOK FROM FROZEN ON 325 FOR 10-15 MIN UNTIL WARM.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.10		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.01mg		
Sodium	0.14mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti - HCHS

Servings:	1000.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32575
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/MEAT 6-10 VANEE	3 Ounce		473071
PASTA SPAGHETTI 10 4-5 GCHC	3 Ounce		413370
SAUCE SPAGHETTI PORK L/F 6-5# COMM	3 Ounce		641340

Preparation Instructions

Sauce:

Bag Sauce - place in steamer or tilt skillet and cook for 45 min or until reaches 165 degrees.

Can Sauce - place in pans and put in steamer and steam for about 20 min or until temp reaches 165 degrees.

Noodles:

use 1 gallon of water per one pound of pasta. add teaspoon of salt. boil on stove top until tender or place in steamer and steam for about 15 min. stir occasionally to prevent sticking and keep water boiling. Cook until tender.

Mix Sauce and Noodles together and stir. Place in warmer.

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: 1000.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	0.99		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.09mg		
Sodium	4.37mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.04g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	0.58		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	2.57mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.01mg

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

TBJ special lunch

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32603
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIX BRST NUG BRD WGRAIN .66Z 4-7	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven6 - 8 minutes at 375°F from frozen.	558040
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

Preparation Instructions

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: 4.00 Each

Amount Per Serving	
Calories	322.00
Fat	14.70g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	546.00mg
Carbohydrates	33.80g
Fiber	3.40g
Sugar	6.80g
Protein	12.40g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 71.20mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wow butter and jelly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32635

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 200-.5Z SMUCK	2 Each		254975
BREAD WHT SFT SLCD 1/2 16-22Z GCHC	2 Slice		204782
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042

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: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	54.00g
Fiber	4.00g
Sugar	22.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ pulled pork

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32852

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

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 Ounce

Amount Per Serving

Calories	150.00		
Fat	4.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	270.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	8.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	264.55		
Fat	7.05g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	57.32mg		
Sodium	476.20mg		
Carbohydrates	29.98g		
Fiber	0.00g		
Sugar	14.99g		
Protein	18.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Colonel's Awesome Chicken & Veggie bowl- culinary HS

Servings:	6.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CVP BRST BNLS SKNLS 5Z 2-10 GFS	4 Each		673544
SEASONING NO SALT ORIG 6-21Z MDASH	5 Tablespoon		844071
BACON TKY L/O 27CT/AVG 4-3 GCHC	6 Slice		218631
SYRUP CORN WHT 4-1GAL GCHC	1/4 Cup		434841
DRESSING SALAD LT 4-1GAL GCHC	1/4 Cup		429422
ONION DEHY SUPER TOPPER 6-2 P/L	2 Tablespoon		223255
MUSHROOM BUTTON SML 10 MRKN	1 Cup		261904
ONION SPANISH JUMBO 50 MRKN	1/2 Each		200778
GARLIC PLD FRESH 5 RSS	1 Tablespoon		428353
TOMATO 6X7 MED 25 MRKN	1 Each		315133
ZUCCHINI MED 17AVG MRKN	2 Each		198927
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
OIL OLIVE PURE 4-3LTR GCHC	3 Tablespoon		432061
RICE JASMINE 25 P/L	2 Cup		230782
CILANTRO CLEANED 4-1 RSS	2 Tablespoon		219550
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 Tablespoon		629640
PEPPERS BELL YEL 11	1/2 Each		460890
CORN SUPER SWT 30 GCHC	1 Cup		358991
HONEY SQZ BTL 16Z 4-3CT GCHC	1/2 Cup		217523

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	6 Each		882690
No Salt Mustard	1/2 Cup	READY_TO_EAT	226924
Everything Bagel Seasoning	1 Tablespoon	READY_TO_EAT	
CHEESE PEPR JK SLCD 8-1.5# LOL	6 Slice		238951

Preparation Instructions

Wash hands and gather supplies that you will need to make dish

Colonels Chicken

Step 1: Preheat oven to 350 *F

Step 2: Wash mushrooms using a damp cloth then slice, Set aside

Step 3: Place the bacon in a skillet, cook over medium high heat until crisp, Drain on a paper towels, Chop bacon set aside

Step 4: In a medium bowl, combine the mustard, honey, corn syrup, mayo and dried onion flakes, Mix well using a wire whisk, place half of the sauce in a small saucepan, Set the remaining sauce aside.

Step 5: Heat the olive oil in a large skillet over medium heat, Place the chicken breast in the skillet and sauté for 3-5 minutes per side, or until browned, Remove from the skillet, dipping the chicken breast into the honey mustard, Place the chicken breast into a 9x13 inch baking dish that has been sprayed with non-stick cooking spray, Drizzle any remaining sauce over the panned chicken, Layer each chicken breast with the sliced mushrooms and chopped bacon, Cover it with the shredded pepper jack cheese.

Step 6: Baked in a preheated oven for 15 minutes, or until cheese is melted and the internal temperature for the chicken reaches 165 *F instantaneously. Place the chicken on a cutting board and slice.

Step 7: Finley chop the cilantro to use as a garnish for the completion of the bowl.

*Note: Keep skillet handles facing to the counter of the stove to prevent burns. Always use the oven mitts or pot holders to remove hot pots from the stove or hot pans from the oven. Use a sharp knife to prevent using too much force and your ability to have control over the knife. Keep hot food above 135*F and cold foods below 41*F. Refrigerate any leftover vegetables to prevent time-temperature abuse. Wash, rinse, and sanitize counters and equipment to prevent cross contamination.

Colonels White Rice

Step 1: Rinse the rice using mesh strainer

Step 2: Bring Chicken broth and dash salt-free seasoning blend to a boil in a medium saucepan, Stir in the rice and bring the water back to a boil

Step 3: Reduce the heat to low, Cover and let simmer for 10 minutes, Do not lift lid

Step 4: Remove from the heat and let stand, covered, for 5 minutes. Be careful when removing the lid, pull the toward you to allow the heat to escape. Pour vinegar into rice while fluffing with a for before serving.

Colonels Veggies

Step 1: Melt the butter in a large skillet over medium heat; add onion and cook until translucent, about 5 minutes, add garlic; cook 1 minute more. Make sure to keep your handles turned to the inside of the stove to prevent burns.

Step 2: Add the tomato, corn, zucchini and chicken stock. Cook for 10-12 minutes or until the vegetables are tender, add the dash salt free extra spicy seasoning blend and everything bagel seasoning. Assemble the bowl: place the rice in the bottom of the bowl. Arrange the sliced chicken on one side and the vegetables on the opposite side. Sprinkle with cilantro to garnish. Serve immediately

Note: Always place a damp towel under the cutting board to keep from slipping while cutting vegetables. Use a sharp knife to prevent using too much force and your ability to have control over the knife. Refrigerate any cut vegetables immediately along with any leftovers

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	2.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	1.250

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	719.90
Fat	20.23g
SaturatedFat	6.52g
Trans Fat	0.00g
Cholesterol	82.07mg
Sodium	433.36mg
Carbohydrates	104.54g
Fiber	3.19g
Sugar	31.61g
Protein	33.68g
Vitamin A 164.11IU	Vitamin C 31.61mg
Calcium 127.80mg	Iron 1.90mg

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

Nutrition - Per 100g

Calories	423.23
Fat	11.89g
SaturatedFat	3.83g
Trans Fat	0.00g
Cholesterol	48.25mg
Sodium	254.77mg
Carbohydrates	61.46g
Fiber	1.88g
Sugar	18.58g
Protein	19.80g
Vitamin A 96.48IU	Vitamin C 18.59mg
Calcium 75.13mg	Iron 1.12mg

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

Baked sweet potato cubes

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32998
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT JUMBO 10 P/L	1 Each		597023
BUTTER ALT LIQ 3-1GAL CRISCO PROFES	1		130541
SPICE PEPR BLK REST GRIND 5 TRDE	1 Teaspoon		242179

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 Ounce

Amount Per Serving

Calories	180.00
Fat	0.40g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	72.00mg
Carbohydrates	42.00g
Fiber	6.60g
Sugar	16.00g
Protein	4.00g
Vitamin A 38436.00IU	Vitamin C 39.20mg
Calcium 76.00mg	Iron 1.38mg

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

Nutrition - Per 100g

Calories	317.47
Fat	0.71g
SaturatedFat	0.35g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	126.99mg
Carbohydrates	74.08g
Fiber	11.64g
Sugar	28.22g
Protein	7.05g
Vitamin A 67789.51IU	Vitamin C 69.14mg
Calcium 134.04mg	Iron 2.43mg

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

Sloppy joe mac

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33049
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	2 Ounce		564790
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
PASTA ROTINI 2-10 KE	2 Ounce		635511

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: 4.00 Ounce

Amount Per Serving

Calories	786.96
Fat	15.18g
SaturatedFat	7.21g
Trans Fat	0.00g
Cholesterol	54.24mg
Sodium	558.48mg
Carbohydrates	131.88g
Fiber	6.41g
Sugar	10.38g
Protein	34.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.53mg	Iron 6.36mg

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

Nutrition - Per 100g

Calories	693.98
Fat	13.39g
SaturatedFat	6.36g
Trans Fat	0.00g
Cholesterol	47.83mg
Sodium	492.50mg
Carbohydrates	116.30g
Fiber	5.65g
Sugar	9.15g
Protein	30.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.06mg	Iron 5.61mg

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

Chicken Salad on bed of Lettuce w/Crackers - HCHS

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33265
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX 4-3 GCHC	6 Ounce	6 oz = 1.88 oz meat 4 oz -= 1.25 oz meat	127710
CRACKER SALTINE 500-2CT ZESTA	2 Package	No grain value	190241
CRACKER CAPTAIN'S WAFER 400-2CT	4 Package	1.00 GRAIN	720121
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Each		702595

Preparation Instructions

Place a piece of lettuce on bottom then add 4 oz of chicken salad on top of the lettuce. Lay 2 packages of crackers in with it and seal.

Keep cold.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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	62.77		
Fat	4.24g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	6.30mg		
Sodium	125.45mg		
Carbohydrates	4.18g		
Fiber	0.23g		
Sugar	1.00g		
Protein	2.13g		
Vitamin A	66.65IU	Vitamin C	0.08mg
Calcium	5.95mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Bowl

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33386
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	2 Each		212768
RASPBERRY RED 12-1/2PT P/L	4 Each		332682
BLACKBERRY 12-1/2PT P/L	4 Each		430351
BLUEBERRIES 12-6Z COMM	1 Cup		889107

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: 4.00 Ounce

Amount Per Serving	
Calories	521.73
Fat	6.18g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.98mg
Carbohydrates	120.44g
Fiber	63.56g
Sugar	50.67g
Protein	14.40g
Vitamin A 1401.80IU	Vitamin C 283.22mg
Calcium 299.11mg	Iron 7.19mg

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

Nutrition - Per 100g

Calories	460.09
Fat	5.45g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.68mg
Carbohydrates	106.21g
Fiber	56.05g
Sugar	44.68g
Protein	12.70g
Vitamin A 1236.18IU	Vitamin C 249.76mg
Calcium 263.77mg	Iron 6.34mg

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

Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33387
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Ounce		229951
Sliced Cheese	1 Each		

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: 5.00 Ounce

Amount Per Serving	
Calories	135.00
Fat	3.50g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	140.00mg
Carbohydrates	21.50g
Fiber	2.00g
Sugar	2.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 212.00mg	Iron 1.00mg

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

Nutrition - Per 100g

Calories	95.24
Fat	2.47g
SaturatedFat	1.23g
Trans Fat	0.00g
Cholesterol	5.29mg
Sodium	98.77mg
Carbohydrates	15.17g
Fiber	1.41g
Sugar	1.41g
Protein	4.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.56mg	Iron 0.71mg

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

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33504
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	2 Ounce		229951
SAUCE SPAGHETTI PORK L/F 6-5# COMM	2 Ounce		641340

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: 4.00 Ounce

Amount Per Serving			
Calories	251.83		
Fat	3.54g		
SaturatedFat	0.91g		
Trans Fat	0.05g		
Cholesterol	17.60mg		
Sodium	151.24mg		
Carbohydrates	45.06g		
Fiber	4.85g		
Sugar	5.03g		
Protein	12.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.92mg	Iron	2.43mg

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

Nutrition - Per 100g

Calories	222.07		
Fat	3.12g		
SaturatedFat	0.81g		
Trans Fat	0.05g		
Cholesterol	15.52mg		
Sodium	133.37mg		
Carbohydrates	39.74g		
Fiber	4.27g		
Sugar	4.44g		
Protein	10.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.74mg	Iron	2.14mg

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

Fajita Chicken - HCHS

Servings:	1000.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33535
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Teaspoon		518298
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Ounce	UNSPECIFIED Not currently available	570533

Preparation Instructions

Put diced chicken in pan. Season with the fajita mix, half the package per pan of chicken. Stir. Steam diced chicken until internal temp reaches 165 degrees or above. Serve.

Hold at 145 degrees or above.

Meal Components (SLE)

Amount Per Serving

Meat	0.005
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: 1000.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	0.18		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	0.49mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	0.16		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	0.43mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Breakfast Grilled Cheese

Servings:	2.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF 10-3 GCHC	1/3 Cup		163562
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
WAFFLE WGRAIN 144-1.3Z BKCRFT	4 Each		138652
SUGAR POWDERED 10X 12-2 PION	2 Tablespoon		859740
JELLY GRP 6-4 GCHC	2 Tablespoon		531811
SPICE CINNAMON GRND 15Z TRDE	2 Teaspoon		224723

Preparation Instructions

Gather all ingredients

Wash hands and put on gloves

mix cream cheese, cottage cheese and powdered sugar in bowl..

Spread 2 waffles with the jam, then top with the cream cheese mixture; cover with remaining 2 waffles

spray with butter spray and cook for 3-4 min or until hot

Let rest for 1 minute

sprinkle with cinnamon and powdered sugar

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 2.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	497.00		
Fat	18.13g		
SaturatedFat	8.17g		
Trans Fat	0.00g		
Cholesterol	45.50mg		
Sodium	500.40mg		
Carbohydrates	73.57g		
Fiber	2.00g		
Sugar	43.00g		
Protein	8.64g		
Vitamin A	396.00IU	Vitamin C	0.00mg
Calcium	72.90mg	Iron	2.00mg

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

Nutrition - Per 100g

Calories	438.28		
Fat	15.99g		
SaturatedFat	7.20g		
Trans Fat	0.00g		
Cholesterol	40.12mg		
Sodium	441.28mg		
Carbohydrates	64.88g		
Fiber	1.76g		
Sugar	37.92g		
Protein	7.62g		
Vitamin A	349.21IU	Vitamin C	0.00mg
Calcium	64.29mg	Iron	1.76mg

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

Hash Brown Bowl - HCHS

Servings:	250.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33709
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
BACON LAID-OUT FC 2-150CTAVG FRML	2 Slice		281091
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each		685000
BISCUIT BTRMLK PREBKD 120-2.10Z	1 Each		454330
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each		641783
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	2 Slice		230952
HASHBROWN PTY 120-2.25Z OREI	1 Each	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	201146
EGG SCRMBD LIQ MIX BOIL-IN-BAG 6-5	4 Ounce	4 oz - DO NOT USE - TOO LONG TO FIX	417441
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Ounce		635671

Preparation Instructions

Cook hash brown patty, sausage patty, and eggs per instructions for each.

Once heated to 165 degrees or above on each item assemble.

In a tray/boat - Place 1 hash brown on the bottom. Add sausage patty then eggs then top with shredded cheese. Serve. Hold temp 145 degrees or above.

Put bread on a flat tray and spray with butter spray, Cook until lightly toasted. Serve 2 slices of toast with hash brown bowl.

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: 250.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	10.14		
Fat	0.59g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	12.43mg		
Sodium	19.71mg		
Carbohydrates	0.64g		
Fiber	0.04g		
Sugar	0.13g		
Protein	0.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.77mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Waffle - HCHS

Servings:	2.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33710
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF 10-3 GCHC	1/3 Cup		163562
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
WAFFLE WGRAIN 144-1.3Z BKCRFT	4 Each		138652
SUGAR POWDERED 10X 12-2 PION	2 Tablespoon		859740
JELLY GRP 6-4 GCHC	2 Tablespoon		531811
SPICE CINNAMON GRND 15Z TRDE	2 Teaspoon		224723

Preparation Instructions

Gather all ingredients

Wash hands and put on gloves

mix cream cheese, cottage cheese and powdered sugar in bowl..

Spread 2 waffles with the jam, then top with the cream cheese mixture; cover with remaining 2 waffles

spray with butter spray and cook for 3-4 min or until hot

Let rest for 1 minute

sprinkle with cinnamon and powdered sugar

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 2.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	497.00		
Fat	18.13g		
SaturatedFat	8.17g		
Trans Fat	0.00g		
Cholesterol	45.50mg		
Sodium	500.40mg		
Carbohydrates	73.57g		
Fiber	2.00g		
Sugar	43.00g		
Protein	8.64g		
Vitamin A	396.00IU	Vitamin C	0.00mg
Calcium	72.90mg	Iron	2.00mg

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

Nutrition - Per 100g

Calories	438.28		
Fat	15.99g		
SaturatedFat	7.20g		
Trans Fat	0.00g		
Cholesterol	40.12mg		
Sodium	441.28mg		
Carbohydrates	64.88g		
Fiber	1.76g		
Sugar	37.92g		
Protein	7.62g		
Vitamin A	349.21IU	Vitamin C	0.00mg
Calcium	64.29mg	Iron	1.76mg

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

Tuna Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33828

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT SKPJCK WTR 6-66.5Z STARK	1 Ounce		433534
RELISH SWT PICKLE 4-1GAL GCHC	1 Tablespoon		517186
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422

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: 1.00 Each

Amount Per Serving	
Calories	75.00
Fat	2.75g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	355.00mg
Carbohydrates	5.50g
Fiber	0.00g
Sugar	4.00g
Protein	6.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2.50mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33870
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	3 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
SPICE PEPR BLK REG FINE GRIND 16Z	0/1 Teaspoon		225037

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: 3.00 Ounce

Amount Per Serving			
Calories	135.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	285.00mg		
Sodium	390.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	158.73		
Fat	10.58g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	335.10mg		
Sodium	458.56mg		
Carbohydrates	3.53g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.49mg	Iron	0.00mg

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

MAC & CHEESE - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33942
School:	Henderson County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	4 Ounce		229951
Sliced Cheese	4 Each		
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
CHEESE CREAM LOAF 10-3 GCHC	2 Cup		163562

Preparation Instructions

Spray deep pan. Place 1/2 package of noodles, 1 1/4 gal of water, 1 block of cheese, 2 cups of cream cheese, 1/2 package of butter buds, 1 tsp black pepper, and 2 tsp of salt. Steam for 30 min or until cheese is melted and noodles are cooked.

One pan with these ingredients makes 75 - 4 oz servings in a pan.

4 cases an 1 bag of noodles, 9 pkgs of butter buds, 12 block of cream cheese, 3 cases of cheese slices were used to make 1350 servings = 18 deep pans w/ 75 servings per pan.

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: 5.00 Ounce

Amount Per Serving

Calories	2206.15
Fat	158.00g
SaturatedFat	103.00g
Trans Fat	0.00g
Cholesterol	430.00mg
Sodium	2647.00mg
Carbohydrates	120.90g
Fiber	8.00g
Sugar	8.00g
Protein	60.00g
Vitamin A 4800.00IU	Vitamin C 0.00mg
Calcium 1168.00mg	Iron 4.00mg

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

Nutrition - Per 100g

Calories	1556.39
Fat	111.47g
SaturatedFat	72.66g
Trans Fat	0.00g
Cholesterol	303.36mg
Sodium	1867.40mg
Carbohydrates	85.29g
Fiber	5.64g
Sugar	5.64g
Protein	42.33g
Vitamin A 3386.30IU	Vitamin C 0.00mg
Calcium 824.00mg	Iron 2.82mg

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

Homemade Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34058
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	3/4 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
SAUCE PIZZA W/BASL CALIF 6- 10 PG	3/8 Cup		496073
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

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: 1.00 Each

Amount Per Serving

Calories	340.68
Fat	16.25g
SaturatedFat	6.68g
Trans Fat	0.05g
Cholesterol	30.00mg
Sodium	905.93mg
Carbohydrates	36.10g
Fiber	3.55g
Sugar	8.58g
Protein	15.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 223.98mg	Iron 2.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34059
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	2 Ounce		261475
BUTTER ALT LIQ NT 3-1GAL GCHC	1/2 Cup		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061

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 Ounce

Amount Per Serving

Calories	1016.01		
Fat	112.00g		
SaturatedFat	20.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	705.34mg		
Carbohydrates	9.80g		
Fiber	2.33g		
Sugar	0.47g		
Protein	3.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.60mg	Iron	0.93mg

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

Nutrition - Per 100g

Calories	1791.93		
Fat	197.53g		
SaturatedFat	35.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1244.01mg		
Carbohydrates	17.29g		
Fiber	4.12g		
Sugar	0.82g		
Protein	5.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.68mg	Iron	1.65mg

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

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34060
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	2 Ounce		283771
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
BUTTER ALT LIQ NT 3-1GAL GCHC	1/2 Cup		614640

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 Ounce

Amount Per Serving

Calories	991.50		
Fat	112.00g		
SaturatedFat	20.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	649.45mg		
Carbohydrates	6.93g		
Fiber	1.89g		
Sugar	2.52g		
Protein	1.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.32mg

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

Nutrition - Per 100g

Calories	1748.71		
Fat	197.53g		
SaturatedFat	35.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1145.43mg		
Carbohydrates	12.22g		
Fiber	3.33g		
Sugar	4.44g		
Protein	2.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.11mg	Iron	0.56mg

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