

Cookbook for WE

Created by HPS Menu Planner

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Whole Grain Cereal Assortment

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Cup

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

juice

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

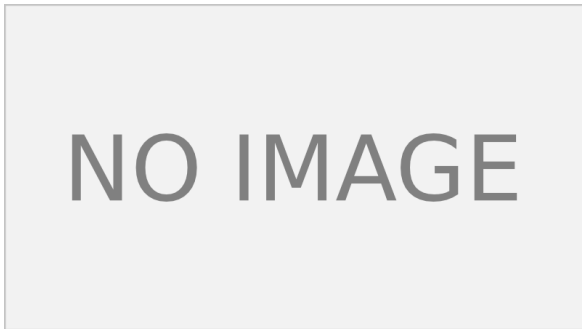
Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	4.68 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	2 #10 CAN		570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.68 Ounce

Amount Per Serving			
Calories	155.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	569.06mg		
Carbohydrates	31.04g		
Fiber	5.17g		
Sugar	12.42g		
Protein	7.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.73mg	Iron	1.97mg

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

Nutrition - Per 100g

Calories	116.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.91mg		
Carbohydrates	23.40g		
Fiber	3.90g		
Sugar	9.36g		
Protein	5.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.99mg	Iron	1.48mg

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

Tater Tots



Servings:	50.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	126 Ounce		141510

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Serve 8 each per serving

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: 50.00

Serving Size: 2.52 Ounce

Amount Per Serving			
Calories	130.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
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	181.97		
Fat	8.40g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	433.93mg		
Carbohydrates	22.40g		
Fiber	2.80g		
Sugar	0.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	5.04mg
Calcium	0.00mg	Iron	0.00mg

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

Dark Green Side Salad

NO IMAGE

Servings:	0.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31754
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12- 2 GCHC	1/8 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Ounce		329517
PEPPERS GREEN STRP 3/4 2- 3 RSS	1 Ounce		849995
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Ounce		150250

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	43.46		
Fat	1.27g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	3.90mg		
Sodium	36.77mg		
Carbohydrates	6.47g		
Fiber	2.48g		
Sugar	3.54g		
Protein	2.47g		
Vitamin A	375.74IU	Vitamin C	6.19mg
Calcium	52.24mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	50 Each		205030
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

Option One: Lay out patties on an oven sheet pan in a single layer. Heat in a Conventional over at 350 degrees F for 12-14 minutes or heat in a Convection oven at 350 degrees F for 10-12 minutes.

Option Two: Place patty's in 4" steam table pan, Heat at 266^ at 100% Moisture for 15 minutes, internal temp of 165^.

Place bottom buns flat on work table. Place patty on bottom bun. Place one slice of cheese on patty. Place top bun, wrap and stack 30 sandwiches in 4" steam pan. Do not Smash. Hold in warmer 135^ or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	14.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	725.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 133.52mg	Iron 3.23mg

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Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34933
School:	WE		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	8.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	227.50mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	24.00g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32810
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup		268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
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

Biscuits and Sausage Gravy



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34310
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND 16Z	25 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

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

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
 2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
- 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	262.48
Fat	13.80g
SaturatedFat	7.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	614.89mg
Carbohydrates	25.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.33mg	Iron 1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunk



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Sesame Chicken Stir-Fry (ES)



Servings:	50.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	7 Pound		150390
PEPPERS GREEN DCD SWT 12-2 GCHC	2 1/2 Pound		508632
DRESSING ASIAN SESM GINGR 4-1GAL GFS	4 1/4 Cup		166722
CHIX DCD 40 COMM	6 1/4 Pound		110530

Preparation Instructions

Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.

Meanwhile, combine carrots and green peppers in a 20 x 12 x 2 steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes.

Drain excess liquid from vegetables.

Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.490
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	189.90		
Fat	11.14g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	65.52mg		
Sodium	236.17mg		
Carbohydrates	10.77g		
Fiber	1.96g		
Sugar	5.39g		
Protein	12.00g		
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 Casserole

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME GRND 12Z TRDE	1/8 Teaspoon		513822
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SPICE OREGANO GRND 12Z TRDE	1/4 Teaspoon		513725
SPICE PAPRIKA 16Z TRDE	1/8 Teaspoon		518331
SPICE BASIL LEAF 5.5Z TRDE	1/8 Teaspoon		513628
ONION DCD 1/4 2-5 RSS	1/3 Cup		198307
VEG BLND CALIF PREM 30 GCHC	8 1/2 Pound		285740
SOUP CRM OF CELERY 12-50Z CAMP	1 Cup		185312
MILK WHT 1 4-1GAL RGNLBRND	1/3 Cup		817801
Water	1 Quart		Water
POTATO TATER TOTS 6-5 OREI	4 3/8 Pound		141510

Preparation Instructions

Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.

Preheat oven to 350°F. Grease a 12 x 20 x 2 pan.

In a bowl, combine spices, onion, soup, and milk.

Add thawed California blend and 2 cups of reserved liquid (or 2 cups of water) to soup and spice mixture.

Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.

Bake, covered, at 350°F for 50 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Prior to service, hold at 135°F or higher.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	84.64
Fat	3.35g
SaturatedFat	0.57g
Trans Fat	0.00g
Cholesterol	0.08mg
Sodium	186.64mg
Carbohydrates	11.35g
Fiber	2.46g
Sugar	1.03g
Protein	2.07g
Vitamin A 3.16IU	Vitamin C 2.00mg
Calcium 15.81mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apricot



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD XL/S 6-10 GCHC	2 #10 CAN		705535

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	15.52g		
Fiber	1.03g		
Sugar	13.45g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.24mg	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

Fortune Cookie



Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	50 Each		565142

Preparation Instructions

serve as is

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		11.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		2.67g	
Fiber		0.00g	
Sugar		1.67g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	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

Asian Brown Rice



Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Pound		516371
DRESSING ASIAN SESM GINGR 4-1GAL GFS	2 1/2 Cup		166722

Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 2025 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	138.70		
Fat	5.56g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	20.76g		
Fiber	0.51g		
Sugar	1.20g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.55mg	Iron	0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE SANDWICH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34742
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	Thaw ham in refrigerator	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN HAMB GOURM WGRAIN 4 10-12CT	1 Each		263191

Preparation Instructions

1. Layout bread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

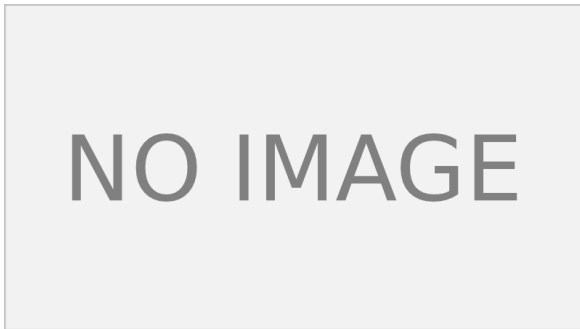
Calories	308.11
Fat	10.67g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	63.81mg
Sodium	573.60mg
Carbohydrates	30.07g
Fiber	2.00g
Sugar	6.05g
Protein	22.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.50mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Cheese Breadstick



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34316
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

CONVECTION
Convection Oven

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

CAUTION: FILLING MAY BE HOT!

THAW

Thawing Instructions

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

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

Top Bosco Stick breadsticks with butter ranch dressing mix and dry parsley before baking.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	440.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	444.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spinach Salad

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32849
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	8 Pound		560545
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSM IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
Water	1/2 Cup		Water
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/4 Cup		292702
PRESERVE STRAWB 6-48Z SMUCK	1/4 Cup		857282
ORANGES MAND WHL L/S 6-10 GCHC	3 1/2 Quart		117897
STRAWBERRY 8 MRKN	3 1/2 Quart		212768

Preparation Instructions

Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 2 days prior to service for maximum flavor.

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	66.54		
Fat	1.14g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.68mg		
Carbohydrates	12.46g		
Fiber	0.48g		
Sugar	11.33g		
Protein	0.94g		
Vitamin A	0.95IU	Vitamin C	4.67mg
Calcium	25.43mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

NO IMAGE

Servings:	384.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	6 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
CARROT FZ 30 COMM	30 Pound		150390
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 384.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	1.23g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	30.39mg		
Carbohydrates	7.53g		
Fiber	1.09g		
Sugar	5.89g		
Protein	0.00g		
Vitamin A	46.88IU	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

Blushing Chilled Pears

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

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

4. Portion two pear halves and juice per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

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Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package		815803
TACO FILLING BEEF REDC FAT 6-5 COMM	100 Ounce		722330
CHEESE CHED SHRD 6-5 COMM	37 Ounce		199720
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 1/2 Cup		451730
SALSA CUP 84-3Z REDG	50 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.002
Grain	2.000
Fruit	0.000
GreenVeg	0.085
RedVeg	0.582
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	375.13
Fat	16.69g
SaturatedFat	6.58g
Trans Fat	0.18g
Cholesterol	43.65mg
Sodium	797.66mg
Carbohydrates	31.32g
Fiber	3.35g
Sugar	5.35g
Protein	15.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.91mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexicali Corn Salad

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	2 1/16 Quart	2 Quarts 1/4cup	100348
BEANS BLACK LO SOD 6-10 BUSH	3 1/8 Quart	3 Quarts 1/2 cup	231981
ONION RED DCD 1/4 2-5 RSS	2 3/4 Cup	Chopped	429201
TOMATO CHERRY 10 MRKN	2 3/4 Cup	Chopped	169275
PEPPERS GREEN MED 20 MRKN	1 1/3 Cup	Chopped	206059
CILANTRO CLEANED 4-1 RSS	2/3 Cup	Chopped	219550
DRESSING ITAL FF 4-1GAL KENS	1 1/3 Cup		188875
SPICE CHILI POWDER MILD 16Z TRDE	2 2/3 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	2 2/3 Teaspoon		273945

Preparation Instructions

Wash hands and put on gloves
Thaw frozen corn in refrigerator overnight. Drain liquid.
Wash and chop/dice onions, tomatoes, and peppers.
Drain and rinse black beans thoroughly.
Mix together thawed corn, beans, and chopped fresh ingredients.
Add dressing and seasonings to vegetables and gently toss.
Serve chilled.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.028
OtherVeg	0.053
Legumes	0.240
Starch	0.165

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	84.84		
Fat	0.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	176.62mg		
Carbohydrates	17.10g		
Fiber	3.34g		
Sugar	2.46g		
Protein	4.25g		
Vitamin A	14.66IU	Vitamin C	3.19mg
Calcium	43.19mg	Iron	0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello w/ Peaches

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Banana Split topped w/Berries served w/Granola



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34508
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup		811500
BLUEBERRY IQF 4-5 GCHC	12 1/2 Cup		166720
STRAWBERRY WHL IQF 4-5 GCHC	12 1/2 Cup		244630
Rockin'ola Pro granola	50 Ounce		4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.69
Fat	5.28g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.63mg
Carbohydrates	60.38g
Fiber	5.72g
Sugar	34.00g
Protein	10.88g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 145.45mg	Iron 7.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31433
School:	DeMotte Elementary Schho		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE
19: 3/4 qt of water for each 1 lb of dry beans. Add

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	1.320
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	1198.40
Fat	12.84g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4708.00mg
Carbohydrates	196.88g
Fiber	77.04g
Sugar	0.00g
Protein	77.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 17.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries and Blueberries

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34935
School:	WE		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY IQF 6-5 COMM	1/4 Cup		128272
BLUEBERRIES FZ WILD IQF 30 COMM	1/4 Cup		764740

Preparation Instructions

thaw and combined

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	2.50g		
Sugar	5.00g		
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

Green Beans

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.588
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Harvest Fries

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Smoothie w/ Bagel



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

Ingredients

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

Preparation Instructions

Smoothie:

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

HACCP=1

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available