

# **Cookbook for WE**

**Created by HPS Menu Planner**

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# Whole Grain Cereal Assortment

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	88.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	17.40g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	3.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# juice

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Apples

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	30.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.68 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.68 Ounce

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

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

## Nutrition - Per 100g

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

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# Tater Tots

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.52 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.52 Ounce

Amount Per Serving	
<b>Calories</b>	130.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 3.60mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

<b>Calories</b>	181.97		
<b>Fat</b>	8.40g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	433.93mg		
<b>Carbohydrates</b>	22.40g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	5.04mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Dark Green Side Salad

<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31754
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34933
<b>School:</b>	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	2 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	27.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.00mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peaches

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32810
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Apple

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35027
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS, FRESH	50 Each	READY_TO_EAT	100514

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	32.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Orange

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35028
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges, Fresh	50 HALF-CUP		100283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	43.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Banana

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35029
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	50 Each		644482

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	105.00
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.20mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	14.00g
<b>Protein</b>	1.30g
<b>Vitamin A</b> 75.52IU	<b>Vitamin C</b> 10.27mg
<b>Calcium</b> 5.90mg	<b>Iron</b> 0.31mg

\*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

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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	262.48		
<b>Fat</b>	13.80g		
<b>SaturatedFat</b>	7.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	614.89mg		
<b>Carbohydrates</b>	25.61g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.72g		
<b>Protein</b>	10.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	144.33mg	<b>Iron</b>	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

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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.490
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	189.90		
<b>Fat</b>	11.14g		
<b>SaturatedFat</b>	1.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.52mg		
<b>Sodium</b>	236.17mg		
<b>Carbohydrates</b>	10.77g		
<b>Fiber</b>	1.96g		
<b>Sugar</b>	5.39g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.167
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	11.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.50mg	<b>Iron</b>	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

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 20/25 minutes).

1. Add dressing and stir well.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham and Cheese Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baby Carrots

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31422
<b>School:</b>	DeMotte Elementary Schho		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Each		786321

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.80mg	<b>Iron</b>	0.00mg

\*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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"><li>1. Preheat oven to 400° F.</li><li>2. Place Bosco Sticks on a baking sheet.</li><li>3. THAWED: 7-9 minutes.</li><li>4. Let stand 2 minutes before serving.</li></ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> 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><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>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><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"><li>1. Thaw before baking.</li><li>2. Keep Bosco Sticks covered while thawing</li><li>3. Bosco Sticks may be thawed in packaging.</li><li>4. Bosco Stick have 8 days shelf life when refrigerated.</li></ol> <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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32849
<b>School:</b>	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 BALSAM 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	384.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	36.02		
<b>Fat</b>	1.23g		
<b>SaturatedFat</b>	0.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.13mg		
<b>Sodium</b>	30.39mg		
<b>Carbohydrates</b>	7.53g		
<b>Fiber</b>	1.09g		
<b>Sugar</b>	5.89g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	46.88IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31736
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	64.88		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.57mg		
<b>Carbohydrates</b>	17.23g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	13.10g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.04mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Marinara Dipping Cup

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35077
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 168-2.5Z REDG	50 Each	READY_TO_EAT None	679471

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	40.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.00mg	<b>Iron</b> 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

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	2.002
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.085
<b>RedVeg</b>	0.582
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mexicali Corn Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.028
<b>OtherVeg</b>	0.053
<b>Legumes</b>	0.240
<b>Starch</b>	0.165

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.517
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	74.68		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.47mg		
<b>Carbohydrates</b>	17.55g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	16.51g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.70mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.750
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	<b>RECONSTITUTE</b> 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  
SERVE19: 3/4 qt of water for each 1 lb of dry beans. Add



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	1.320
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	39.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	5.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 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

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.588
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Harvest Fries

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	313.33
<b>Fat</b>	14.67g
<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	43.33g
<b>Fiber</b>	3.33g
<b>Sugar</b>	6.00g
<b>Protein</b>	3.33g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 46.67mg      **Iron** 1.29mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Fruit Smoothie w/ Bagel

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

<b>Meat</b>	0.500
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34453

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	250 Each	Bake in convection Oven 8-10 minutes at 350 degrees on breaded, fried, light coloring setting for rational from frozen. Cook till temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 5 Nuggets	558040

## Preparation Instructions

Bake in convection Oven

8-10 minutes at 350 degrees on breaded, fried, light coloring setting for rational from frozen.

Cook till temp reaches 135 for 15 seconds.

Batch cook item and put

in 4 inch shotgun pan for serving.

5 Nuggets

### HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.



- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Piece

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Turkey, Ham and Cheese Lunch Kit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35079
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	50 Each		588400

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 1.80mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Cup

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35078
<b>School:</b>	WE		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	50 Each		655010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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