

Cookbook for Carr Elementary School

Created by HPS Menu Planner

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***1/2 Grilled Cheese Sandwich**

Baked BBQ Chicken

Broccoli & Cheese

Breakfast Strawberry Yogurt Plate

Cheeseburger

Breakfast Bowl

Chicken & Waffle

Bulldog Chips & Cheese Plate

BBQ Sandwich

Chicken & Donut Bites

Chicken Biscuit

Sausage Biscuit

BBQ Wings- Carr

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CC Fries- 1/2 C

HS CC Fries- 1 Cup

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HS Mashed Potatoes- 1 c

Pizza Munchable

Chicken & Biscuit Dippers

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Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	0 Each	Put chicken patty between buns and wrap.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	320.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8092
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-8093
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	370.00
Fat	25.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	710.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8146
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	1/2 Cup		359010
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.549
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	76.01
Fat	4.40g
SaturatedFat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg
Sodium	236.37mg
Carbohydrates	4.43g
Fiber	2.00g
Sugar	1.22g
Protein	5.85g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 134.32mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8165
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	1 Each		671751
CHIX BRST STRP FRTRR HMSTYL PEPR 2-5#	1 Piece	<p>DEEP_FRY Appliances vary; adjust accordingly. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer. Deep Fry Deep fry at 350°F 4 - 5 minutes from frozen or 335°F 5 - 6 minutes from frozen.</p>	160970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	198.33
Fat	8.83g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	11.67mg
Sodium	431.67mg
Carbohydrates	22.83g
Fiber	2.83g
Sugar	3.50g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homestyle Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	420.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	790.00mg		
Carbohydrates	53.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	29.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHIX BRST FLLT WGRAIN SPCY CKD 4-5#	1 Each		542823

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	410.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	710.00mg		
Carbohydrates	54.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8193
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice		271411
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	330.50
Fat	15.60g
SaturatedFat	6.40g
Trans Fat	0.58g
Cholesterol	48.50mg
Sodium	591.40mg
Carbohydrates	27.00g
Fiber	3.80g
Sugar	4.50g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.00mg	Iron 2.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomato Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	10.60
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.25mg
Carbohydrates	2.25g
Fiber	0.80g
Sugar	1.50g
Protein	0.65g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 8.50mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving

Calories	330.50
Fat	11.60g
SaturatedFat	3.90g
Trans Fat	0.58g
Cholesterol	36.00mg
Sodium	511.40mg
Carbohydrates	39.00g
Fiber	1.80g
Sugar	6.00g
Protein	18.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shredded Lettuce & Diced Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.250
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	8.15		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	1.76g		
Fiber	0.56g		
Sugar	1.26g		
Protein	0.41g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	4.59mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT SHRD MED 2-5 RSS	1/8 Cup		313408
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	23.88
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.65mg
Carbohydrates	5.14g
Fiber	2.01g
Sugar	2.94g
Protein	1.52g
Vitamin A 2847.74IU	Vitamin C 7.07mg
Calcium 25.35mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	295.66
Fat	9.28g
SaturatedFat	4.14g
Trans Fat	0.00g
Cholesterol	42.01mg
Sodium	785.33mg
Carbohydrates	35.78g
Fiber	2.00g
Sugar	8.14g
Protein	16.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 178.50mg	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

Chicken Bacon Ranch Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
DRESSING RNCH LT 4-1GAL GCHC	2 Tablespoon		472999
Unseasoned, chicken Strips, cooked, frozen	3 Ounce		110462
Shredded Cheddar redu fat/sodium	1 Ounce		344721
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	410.13
Fat	15.20g
SaturatedFat	5.67g
Trans Fat	0.00g
Cholesterol	78.20mg
Sodium	933.20mg
Carbohydrates	39.07g
Fiber	1.00g
Sugar	3.67g
Protein	25.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 180.95mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8231
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	91.90		
Fat	2.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	178.00mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	8.40g		
Vitamin A	97.27IU	Vitamin C	0.53mg
Calcium	4.57mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Wings

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9221
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

Calories	196.90		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	425.00mg		
Carbohydrates	20.00g		
Fiber	2.20g		
Sugar	9.50g		
Protein	14.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	9.57mg	Iron	1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Wings- Carr

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9222
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT 4-1GAL LABRND	1 Teaspoon		259945
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each		747651

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	700.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	2.40mg
Calcium	17.00mg	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

General Tso Chicken Asian Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO 4-.5GAL ASIAN	2 Tablespoon		802850
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving			
Calories	435.00		
Fat	14.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1115.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	15.50g		
Protein	21.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Asian Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE SWT & SOUR 12- 52Z GFS	2 Ounce	May need thinned with water.	219096
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving			
Calories	925.00		
Fat	14.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	3095.00mg		
Carbohydrates	174.00g		
Fiber	4.00g		
Sugar	113.50g		
Protein	21.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each		763225

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	80.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 3/10 Pound		110530
BROTH CHIX NO MSG 12-5 HRTHSTN	7 3/10 Gallon		261564
VEG BLEND MIREPOIX 2-5 P/L	6 Pound		599840
SEASONING POULTRY 10Z TRDE	2 Teaspoon		273996
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 Pound		867850
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037

Preparation Instructions

1. Combine stock, celery, carrots, onions, pepper, and poultry seasoning.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
4. CCP: Heat to 165 degree F or higher for at least 15 seconds.
5. Pour into steam pans.
6. CPP: Hold for hot service at 135 degree F or higher.
7. Portion with 8 oz ladle (1 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.528
Grain	0.480
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	76.45		
Fat	0.77g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	11.09mg		
Sodium	705.42mg		
Carbohydrates	12.93g		
Fiber	1.92g		
Sugar	1.44g		
Protein	5.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.68mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10678
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	4 Ounce		265632
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.790

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00
Fat	22.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	900.00mg
Carbohydrates	29.33g
Fiber	2.67g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.22mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

*1/2 Grilled Cheese Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10680
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822

Preparation Instructions

1. Spray bottom of pan with butter spray.
2. Put down 1 slice of bread, 4 slices of cheese, and top with one more sliced of bread.
3. Spray top of bread with butter spray.
4. CCP: Heat to 135 degrees F or higher.
5. Cut each sandwich in half.
6. CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	200.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	555.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	4.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10681

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 1/7 Ounce		765991
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving	
Calories	299.65
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	756.75mg
Carbohydrates	34.50g
Fiber	2.00g
Sugar	6.50g
Protein	21.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.50mg	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

Chicken & Dumplings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10683

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH W/SEAS 2-2.25# PION	6 Each		538451
CHIX DCD 40 COMM	2 Ounce		110530

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	202.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	826.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon		429406
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 Cup		293148

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	41.67		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	63.33mg		
Carbohydrates	7.33g		
Fiber	1.33g		
Sugar	3.00g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.01mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11174
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	1 Ounce		366320
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	189.50
Fat	3.05g
SaturatedFat	0.53g
Trans Fat	0.01g
Cholesterol	11.00mg
Sodium	239.98mg
Carbohydrates	29.50g
Fiber	3.35g
Sugar	8.00g
Protein	10.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.50mg	Iron 1.00mg

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

Nutrition - Per 100g

Calories	167.11		
Fat	2.69g		
SaturatedFat	0.46g		
Trans Fat	0.01g		
Cholesterol	9.70mg		
Sodium	211.62mg		
Carbohydrates	26.01g		
Fiber	2.95g		
Sugar	7.05g		
Protein	8.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.07mg	Iron	0.88mg

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

Bacon, Egg, & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11866

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216- 2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.83
Fat	17.75g
SaturatedFat	7.92g
Trans Fat	0.00g
Cholesterol	116.25mg
Sodium	867.50mg
Carbohydrates	26.17g
Fiber	1.00g
Sugar	2.92g
Protein	11.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.30mg	Iron 1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11868
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	350.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	295.00mg
Carbohydrates	49.00g
Fiber	2.00g
Sugar	27.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.00mg	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

Lunch Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11870

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
SNACK CHS CRCKR TRAX WGRAIN 150-SSV	1 Each		393533

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	540.00
Fat	22.50g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	635.00mg
Carbohydrates	68.00g
Fiber	4.00g
Sugar	30.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 568.00mg	Iron 3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bulldog Chips & Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11871
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	395.00
Fat	19.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	700.00mg
Carbohydrates	41.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 436.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11872
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

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	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11873
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

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	360.00
Fat	19.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	16.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11975
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 1/2 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	174.40		
Fat	5.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	212.50mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	20.85g		
Vitamin A	136.27IU	Vitamin C	0.53mg
Calcium	10.57mg	Iron	0.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Donut Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12238
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Cook chicken according to directions on box. Place 4 chicken in box.	747651
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each	Put 3 glazed donut holes in box with chicken.	839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	14.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	660.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12242
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
HAM SLCD W/A 8-5 640CT COMM	2 Ounce	Put ham and cheese on biscuit; wrap biscuit.	651470
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	285.66
Fat	13.28g
SaturatedFat	6.89g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	965.33mg
Carbohydrates	29.28g
Fiber	1.00g
Sugar	4.64g
Protein	15.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12244
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

Put ham and cheese on biscuit; wrap in foil, place in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.140
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.66
Fat	13.28g
SaturatedFat	5.89g
Trans Fat	0.00g
Cholesterol	42.01mg
Sodium	785.33mg
Carbohydrates	32.28g
Fiber	2.00g
Sugar	6.64g
Protein	16.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 119.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12282

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 1/2 Ounce		884891
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	137.50
Fat	5.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	247.50mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	20.75g
Vitamin A 65.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD 6-10 COMM	1/2 Cup		150500
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785
SUGAR BROWN MED 25 GCHC	1 Teaspoon	UNSPECIFIED	108626

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	0.500
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	72.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	8.00g		
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

Hot Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.140
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	255.66
Fat	9.28g
SaturatedFat	4.14g
Trans Fat	0.00g
Cholesterol	42.01mg
Sodium	785.33mg
Carbohydrates	29.28g
Fiber	3.00g
Sugar	6.14g
Protein	17.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Chop Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	400.00
Fat	18.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	510.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	5.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Eggs & Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12998
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
COLORING FOOD GREEN 1QT GCHC	1 Ounce	After cooking scrambled eggs add to pan with eggs and stir.	573051
HAM FZ W/A 4-10 COMM	2 Ounce	Heat in combi.	110600

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.670
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	254.47
Fat	10.53g
SaturatedFat	3.67g
Trans Fat	0.08g
Cholesterol	252.00mg
Sodium	1811.87mg
Carbohydrates	9.33g
Fiber	0.00g
Sugar	1.67g
Protein	31.93g
Vitamin A 4.96IU	Vitamin C 0.12mg
Calcium 60.36mg	Iron 6.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

*1/2 Grilled Cheese Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822

Preparation Instructions

1. Spray bottom of pan with butter spray.
2. Put down 1 slice of bread, 4 slices of cheese, and top with one more sliced of bread.
3. Spray top of bread with butter spray.
4. CCP: Heat to 135 degrees F or higher.
5. Cut each sandwich in half.
6. CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	200.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	555.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	4.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	91.90		
Fat	2.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	178.00mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	8.40g		
Vitamin A	97.27IU	Vitamin C	0.53mg
Calcium	4.57mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	81.00		
Fat	4.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	247.00mg		
Carbohydrates	6.00g		
Fiber	3.00g		
Sugar	1.50g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Breakfast Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	350.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	295.00mg
Carbohydrates	49.00g
Fiber	2.00g
Sugar	27.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.00mg	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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice		271411
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.50
Fat	16.10g
SaturatedFat	6.40g
Trans Fat	0.58g
Cholesterol	48.50mg
Sodium	761.40mg
Carbohydrates	40.00g
Fiber	1.80g
Sugar	6.50g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 3.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	4 Ounce		265632
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.790

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	370.00
Fat	22.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	900.00mg
Carbohydrates	29.33g
Fiber	2.67g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.22mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13668

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK RND FLT 192-1Z KRUST	1 Each		645318
CHIX TNDRLN FRTTTR HMSTYL PEPR 2-5TYS	2 Piece	DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 3-5 minutes at 350°F from frozen. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer.	751081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	415.00
Fat	20.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1355.00mg
Carbohydrates	33.00g
Fiber	1.50g
Sugar	4.00g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bulldog Chips & Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13669

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	395.00		
Fat	19.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	700.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	436.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13671

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

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: 4.00 Ounce

Amount Per Serving

Calories	420.00
Fat	10.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	600.00mg
Carbohydrates	54.00g
Fiber	1.00g
Sugar	6.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.00mg

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

Nutrition - Per 100g

Calories	370.38		
Fat	8.82g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	57.32mg		
Sodium	529.11mg		
Carbohydrates	47.62g		
Fiber	0.88g		
Sugar	5.29g		
Protein	23.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.64mg	Iron	1.76mg

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

Chicken & Donut Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13672

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Cook chicken according to directions on box. Place 4 chicken in box.	747651
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each	Put 3 glazed donut holes in box with chicken.	839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	660.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	3.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STRN STYL EZ SPLT 216-2.ZZ	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	300.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 42.00mg
Calcium 120.00mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13674

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	370.00
Fat	25.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	710.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Wings- Carr

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17995
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each		747651

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	246.90		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	655.00mg		
Carbohydrates	29.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	19.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	17.57mg	Iron	2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18010

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1/4 Cup		421812
CROUTON HMSTYL SEAS 10-2# GCHC	4 Each		748500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	118.10		
Fat	6.77g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	262.25mg		
Carbohydrates	8.08g		
Fiber	1.55g		
Sugar	2.25g		
Protein	8.07g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	225.50mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	102.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	4 #10 CAN		110730
BASE HAM NO ADDED MSG 12-1 GCHC	6 Tablespoon		686691
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255
SPICE BLND ORIG 3-21Z MDASH	4 Tablespoon		265103
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 102.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	3.23		
Fat	0.10g		
SaturatedFat	0.02g		
Trans Fat	0.01g		
Cholesterol	0.98mg		
Sodium	3.99mg		
Carbohydrates	0.24g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.37mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

CC Fries- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18109

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	1/2 Cup	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.640

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.67		
Fat	2.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.93mg		
Carbohydrates	15.24g		
Fiber	0.85g		
Sugar	0.85g		
Protein	0.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.47mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS CC Fries- 1 Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18110
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	1 Cup	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.280

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	169.33
Fat	5.08g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.87mg
Carbohydrates	30.48g
Fiber	1.69g
Sugar	1.69g
Protein	1.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.93mg	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

Chocolate Iced Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	357.30		
Fat	17.10g		
SaturatedFat	8.05g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	46.00g		
Fiber	2.50g		
Sugar	21.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	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

Mashed Potatoes- 1/2 c

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	7/11 Gram	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.020

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	133.32		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	168736.07mg		
Carbohydrates	37.88g		
Fiber	0.03g		
Sugar	0.00g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.35mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS Mashed Potatoes- 1 c

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18113
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 4/15 Gram	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.030

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	135.79		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	168736.60mg		
Carbohydrates	38.38g		
Fiber	0.07g		
Sugar	0.00g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.70mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Ounce		421812
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
PEPPERONI SLCD 10/Z 25 PG	8 Slice		730009
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1 Ounce		448010
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	476.00
Fat	25.60g
SaturatedFat	10.85g
Trans Fat	0.09g
Cholesterol	54.00mg
Sodium	1273.20mg
Carbohydrates	40.30g
Fiber	2.70g
Sugar	8.00g
Protein	22.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.81mg	Iron 2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Biscuit Dippers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN FRTRR HMSTYL PEPR 2-5TYS	1 Piece	DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 3-5 minutes at 350°F from frozen. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer.	751081
DOUGH BISC STICK 250-1.25Z RICH	2 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	433.50		
Fat	21.25g		
SaturatedFat	9.25g		
Trans Fat	0.13g		
Cholesterol	17.50mg		
Sodium	1532.00mg		
Carbohydrates	43.50g		
Fiber	1.25g		
Sugar	4.00g		
Protein	16.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.98mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Curly Fries- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	2.12 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	2 1/8 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.12 Ounce

Amount Per Serving

Calories	25.00		
Fat	1.33g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	3.33g		
Fiber	0.17g		
Sugar	0.17g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.67mg	Iron	0.07mg

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

Nutrition - Per 100g

Calories	41.60		
Fat	2.22g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	99.83mg		
Carbohydrates	5.55g		
Fiber	0.28g		
Sugar	0.28g		
Protein	0.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.77mg	Iron	0.11mg

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

HS Curly Fries- 1 C

Servings:	1.00	Category:	Vegetable
Serving Size:	4.24 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18118
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	4 1/4 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	181501

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.24 Ounce

Amount Per Serving	
Calories	212.00
Fat	11.31g
SaturatedFat	1.41g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	508.80mg
Carbohydrates	28.27g
Fiber	1.41g
Sugar	1.41g
Protein	2.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.13mg	Iron 0.57mg

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

Nutrition - Per 100g

Calories	176.37		
Fat	9.41g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	423.29mg		
Carbohydrates	23.52g		
Fiber	1.18g		
Sugar	1.18g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.47mg

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

Bulldog Nachos- Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Ounce		110530
SEASONING TACO MIX 6-9Z LAWR	1 Teaspoon		159204

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: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	46.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	21.00mg		
Sodium	258.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

Calories	54.09		
Fat	1.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.69mg		
Sodium	303.36mg		
Carbohydrates	2.35g		
Fiber	1.18g		
Sugar	0.00g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.42mg

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

Hot Wings- MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19159
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT 4-1GAL LABRND	1 Teaspoon		259945
CHIX BRST CHNK BRD WGRAIN 4-5#	5 Each		747651

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.560
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	262.50		
Fat	7.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	62.50mg		
Sodium	825.00mg		
Carbohydrates	23.75g		
Fiber	0.00g		
Sugar	0.00g		
Protein	23.75g		
Vitamin A	100.00IU	Vitamin C	2.40mg
Calcium	21.25mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Wings- MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19160
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170
CHIX BRST CHNK BRD WGRAIN 4-5#	5 Each		747651

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.560
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	299.40		
Fat	7.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	62.50mg		
Sodium	780.00mg		
Carbohydrates	33.75g		
Fiber	0.20g		
Sugar	9.50g		
Protein	23.85g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	21.82mg	Iron	2.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19162

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA 6-10 GCHC	1/2 Cup		144215
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1/2 Cup		421812
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	554.00
Fat	26.00g
SaturatedFat	11.00g
Trans Fat	0.60g
Cholesterol	76.00mg
Sodium	1416.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	13.00g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 566.00mg	Iron 3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19163

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 1/2 Ounce		154900
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup		473006

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.060
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	222.44
Fat	4.52g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	76.18mg
Sodium	1032.87mg
Carbohydrates	23.56g
Fiber	0.50g
Sugar	3.06g
Protein	20.88g
Vitamin A 339.98IU	Vitamin C 9.06mg
Calcium 17.90mg	Iron 1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedges- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	2.92 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19165

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE WRANCH 6-5 LAMB	2 11/12 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.92 Ounce

Amount Per Serving			
Calories	118.45		
Fat	4.96g		
SaturatedFat	0.97g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	301.73mg		
Carbohydrates	16.55g		
Fiber	1.95g		
Sugar	0.97g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.75mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories	143.09		
Fat	6.00g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.50mg		
Carbohydrates	19.99g		
Fiber	2.35g		
Sugar	1.18g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.65mg	Iron	0.48mg

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

Potato Wedges- 1 C

Servings:	1.00	Category:	Vegetable
Serving Size:	5.84 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19166
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH 6-5 LAMB	5 5/6 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.84 Ounce

Amount Per Serving			
Calories	236.91		
Fat	9.93g		
SaturatedFat	1.95g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	603.47mg		
Carbohydrates	33.09g		
Fiber	3.89g		
Sugar	1.95g		
Protein	3.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.49mg	Iron	0.80mg

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

Nutrition - Per 100g

Calories	143.09		
Fat	6.00g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.50mg		
Carbohydrates	19.99g		
Fiber	2.35g		
Sugar	1.18g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.65mg	Iron	0.48mg

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

Tater Tots- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19168
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

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

Tater Tots- 1 C

Servings:	1.00	Category:	Vegetable
Serving Size:	5.04 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19169

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.04 Ounce

Amount Per Serving			
Calories	260.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	620.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	7.20mg
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

Onion Rings

Servings:	1.00	Category:	Vegetable
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19785

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Each		234061

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	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	200.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	5.00g
Protein	3.00g

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

Calcium 100.00mg **Iron** 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS Onion Rings

Servings:	1.00	Category:	Vegetable
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19786
School:	Fulton Independent Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	10 Each		234061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	400.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	56.00g
Fiber	6.00g
Sugar	10.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Little

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	400.00mg		
Carbohydrates	25.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	10.00mg	Iron	1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20191
School:	Carr Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520
ICING VAN RTU HEAT NICE 1-12 RICH	1 Ounce	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	355.00		
Fat	17.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	47.00g		
Fiber	2.00g		
Sugar	22.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20699

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SUPRM SHRD 6-3# GFS	80 Ounce		437360
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/2 Cup	Melted Butter	299405
SOUP CRM OF CHIX 12-5 HLTHYREQ	51 1/4 Ounce		695513
SOUR CREAM 4-5 GCHC	90 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
Shredded Cheddar	10 Cup		

Preparation Instructions

Melt Butter.

Preheat oven to 350 degrees F.

Combine all ingredients in a large bowl reserving 2 cups of cheese for topping.

Place in a sprayed hotel pan,

Bake for 45-55 minutes or until hot and bubbly.

Top with reserved cheese- heat until cheese is melted.

Meal Components (SLE)

Amount Per Serving

Meat	0.800
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: 0.50 Cup

Amount Per Serving

Calories	380.97
Fat	22.86g
SaturatedFat	14.83g
Trans Fat	0.00g
Cholesterol	77.92mg
Sodium	500.55mg
Carbohydrates	31.54g
Fiber	3.20g
Sugar	3.86g
Protein	11.66g
Vitamin A 64.06IU	Vitamin C 0.00mg
Calcium 122.49mg	Iron 0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Chocolate Pie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC 6-10 GCHC	3 Ounce		163554
SHELL TART 3 GRAHAM 144CT KEEB	1 Each		234052
TOPPING WHIP I/BG SGR FR 12- 16Z ONTOP	1 Tablespoon	READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	699101
CHOC CHIPS SMISWT MINI 4000/4-4	1 Tablespoon		283630

Preparation Instructions

Put 3 oz of chocolate pudding in shell tart top "on top" and sprinkle a few mini chocolate chips on top.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	274.05		
Fat	11.70g		
SaturatedFat	5.95g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	253.35mg		
Carbohydrates	42.00g		
Fiber	1.75g		
Sugar	25.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.12mg	Iron	2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Cherry Cheesecake

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING PIE CHERRY 6-10 GCHC	1 Ounce		124249
CHEESECAKE MIX INST 6-4 JELLO	3 Ounce		160946
SHELL TART 3 GRAHAM 144CT KEEB	1 Each		234052
TOPPING WHIP I/BG SGR FR 12- 16Z ONTOP	1 Tablespoon	READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	699101

Preparation Instructions

Mix Cheesecake instant mix with water (use same amount as it says to use for milk)- let sit in cooler overnight,.
Put 3 oz of cheesecake pudding in shell tart top with 1 oz of cherry filling and a dap of "on top".

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	723.53
Fat	12.17g
SaturatedFat	9.55g
Trans Fat	0.01g
Cholesterol	11.19mg
Sodium	827.82mg
Carbohydrates	148.61g
Fiber	0.00g
Sugar	115.50g
Protein	7.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 296.11mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22991

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Ounce		110530
SEASONING TACO MIX 6-9Z LAWR	1 Teaspoon		159204

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	46.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	21.00mg		
Sodium	258.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

Calories	54.09		
Fat	1.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.69mg		
Sodium	303.36mg		
Carbohydrates	2.35g		
Fiber	1.18g		
Sugar	0.00g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.42mg

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

Ham & Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	2 Each		112401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	395.66
Fat	15.28g
SaturatedFat	6.14g
Trans Fat	0.00g
Cholesterol	62.01mg
Sodium	975.33mg
Carbohydrates	47.78g
Fiber	6.00g
Sugar	10.14g
Protein	18.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.50mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216- 2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice		150260
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	447.50
Fat	30.75g
SaturatedFat	12.25g
Trans Fat	0.00g
Cholesterol	136.25mg
Sodium	947.50mg
Carbohydrates	26.50g
Fiber	1.00g
Sugar	2.25g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 181.75mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22994

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce		564790
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	335.10		
Fat	7.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	1018.80mg		
Carbohydrates	48.00g		
Fiber	1.80g		
Sugar	14.00g		
Protein	19.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

"Beda" Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each		661921
ROLL HOAGIE 6 12-6CT GCHC	1 Each		206580

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	410.00
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	850.00mg
Carbohydrates	52.00g
Fiber	2.50g
Sugar	6.00g
Protein	22.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 42.00mg	Iron 4.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 6-2 COMM	3 Cup		381403
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Ounce		448010
HAM DCD W/A 1/4 3-4 GCHC	2 Ounce		199834
EGG HRD CKD DCD IQF 4-5 GCHC	2 Ounce		192198
Tomato, grape	4 Each		18B19
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1 Ounce	READY_TO_EAT	16L26
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	2 Ounce	READY_TO_EAT	18K64
CROUTON HMSTYL SEAS 10-2# GCHC	3 Ounce		748500
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	5.760
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	1.920
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	885.14
Fat	34.45g
SaturatedFat	10.85g
Trans Fat	0.00g
Cholesterol	274.04mg
Sodium	2357.41mg
Carbohydrates	101.86g
Fiber	9.29g
Sugar	31.57g
Protein	50.97g
Vitamin A 7230.93IU	Vitamin C 2.85mg
Calcium 135.28mg	Iron 7.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Covered Strawberry Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
MILK CHOC FF 40-8FLZ TRUMOO	64 Ounce		152681
STRAWBERRY SLCD 4+1 30 GCHC	8 Cup		278726
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	2 Package		282471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00

Amount Per Serving

Calories	671.00
Fat	0.98g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	785.08mg
Carbohydrates	121.74g
Fiber	1.13g
Sugar	103.63g
Protein	35.58g
Vitamin A 3000.00IU	Vitamin C 0.00mg
Calcium 1128.70mg	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

Strawberry Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GCHC	8 Cup		278726
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	2 Package		282471
1% LOW FAT MILK - GALLON	64 Fluid Ounce		1350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00

Amount Per Serving

Calories	241.00
Fat	2.23g
SaturatedFat	1.08g
Trans Fat	0.00g
Cholesterol	10.83mg
Sodium	125.08mg
Carbohydrates	47.24g
Fiber	1.13g
Sugar	37.13g
Protein	7.58g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 143.70mg	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

Very Berry Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GCHC	5 Pound		278726
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	2 Package		282471
1% LOW FAT MILK - GALLON	128 Fluid Ounce		1350
BLUEBERRIES FZ WILD IQF 8-3 COMM	5 Pound		764830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 12.00

Amount Per Serving

Calories	172.47
Fat	1.57g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	8.13mg
Sodium	95.80mg
Carbohydrates	33.73g
Fiber	1.00g
Sugar	25.32g
Protein	5.97g
Vitamin A 3.20IU	Vitamin C 0.64mg
Calcium 132.58mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Banana Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
MILK CHOC FF 40-8FLZ TRUMOO	64 Ounce		152681
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	2 Package		282471
BANANA SLCD IQF 20 GCHC	8 Cup		143710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00

Amount Per Serving

Calories	661.00
Fat	0.98g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	785.08mg
Carbohydrates	118.74g
Fiber	2.13g
Sugar	95.63g
Protein	36.58g
Vitamin A 3000.00IU	Vitamin C 0.00mg
Calcium 1123.20mg	Iron 0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GCHC	5 Pound		278726
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	2 Package		282471
1% LOW FAT MILK - GALLON	128 Fluid Ounce		1350
BANANA SLCD IQF 20 GCHC	5 Pound		143710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 12.00

Amount Per Serving

Calories	178.47
Fat	1.57g
SaturatedFat	0.81g
Trans Fat	0.00g
Cholesterol	8.13mg
Sodium	95.40mg
Carbohydrates	34.93g
Fiber	0.80g
Sugar	26.02g
Protein	6.17g
Vitamin A 3.20IU	Vitamin C 0.64mg
Calcium 133.28mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available
