

# **Cookbook for WE**

**Created by HPS Menu Planner**

# Table of Contents

**Whole Grain Cereal Assortment**

**Yogurt Cup**

**juice**

**Sliced Apples**

**Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels**

**Broccoli w/ Cheese**

**Ranch Corn**

**Dark Green Side Salad**

**Peaches**

**Fresh Apple**

**Fresh Orange**

**Fresh Banana**

**Chicken Tenders**

**Spicy Chicken Tenders**

**Biscuits and Sausage Gravy**

**Pineapple Chunk**

**Chicken Green Bean Stir Fry**

**Ham and Cheese Sandwich**

**Baby Carrots**

**Apricot**

**Asian Brown Rice**

**Shredded Chicken Street Tacos**

**Soft Beef Tacos**

**Refried Beans**

**Mexicali Corn Salad**

**Strawberries and Blueberries**

**Breakfast Banana Split topped w/Berries served w/Granola**

**Chili Dog**

**Waffle Fries**

**Candied Carrots**

**Cinnamon Spice Baked Apples**

**Fruit Smoothie w/ Bagel**

**French Bread Pizza**

**Spinach Salad**

**Turkey, Ham and Cheese Lunch Kit**

**Strawberry Cup**

# Whole Grain Cereal Assortment

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 103.15   |                  |        |
| <b>Fat</b>           | 1.26g    |                  |        |
| <b>SaturatedFat</b>  | 0.04g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 143.91mg |                  |        |
| <b>Carbohydrates</b> | 22.38g   |                  |        |
| <b>Fiber</b>         | 2.05g    |                  |        |
| <b>Sugar</b>         | 7.14g    |                  |        |
| <b>Protein</b>       | 1.73g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 73.25mg  | <b>Iron</b>      | 2.67mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Cup

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# juice

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Apples



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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels

NO IMAGE

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

## Ingredients

| Description                          | Measurement  | Prep Instructions            | DistPart # |
|--------------------------------------|--------------|------------------------------|------------|
| BREAD WHL WHE PULLMAN SLCD 12-22Z    | 1 Each       |                              | 710650     |
| JELLY APPLE-GRAPE 6-10 GCHC          | 1 Tablespoon |                              | 100927     |
| PEANUT BUTTER SMOOTH 35 GFS          | 2 Tablespoon |                              | 279013     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Each       | READY_TO_EAT<br>READY_TO_EAT | 885750     |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 Package    | READY_TO_EAT<br>Ready to Eat | 893711     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli w/ Cheese

NO IMAGE

|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00                       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                    | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-32770          |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                  |

## Ingredients

| Description                        | Measurement    | Prep Instructions | DistPart # |
|------------------------------------|----------------|-------------------|------------|
| Broccoli, No salt added, Frozen    | 10 2/7 Pound   |                   | 110473     |
| SAUCE MIX CHS INST 8-32Z TRIO      | 2/7 Package    |                   | 290319     |
| Tap Water for Recipes              | 2/7 Gallon     | UNPREPARED        | 000001WTR  |
| SALT SEA 36Z TRDE                  | 6/7 Tablespoon |                   | 748590     |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 6/7 Teaspoon   |                   | 225061     |

## Preparation Instructions

Place 12# of broccoli into each of 3 well sprayed pans.

Steam for 15 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add salt and pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 46.11    |                  |        |
| <b>Fat</b>           | 0.44g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 267.37mg |                  |        |
| <b>Carbohydrates</b> | 9.02g    |                  |        |
| <b>Fiber</b>         | 3.04g    |                  |        |
| <b>Sugar</b>         | 1.89g    |                  |        |
| <b>Protein</b>       | 3.04g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Ranch Corn

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-31782          |

## Ingredients

| Description                    | Measurement  | Prep Instructions | DistPart # |
|--------------------------------|--------------|-------------------|------------|
| Corn cnd                       | 3 #10 CAN    |                   | 100313     |
| MARGARINE SLD 30-1 GCHC        | 9 Tablespoon |                   | 733061     |
| DRESSING MIX RNCH 18-3.2Z GCHC | 9 Tablespoon |                   | 766130     |

## Preparation Instructions

In steam pan dump 3 cans of corn. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen corn. Frozen corn can go in kettle and heat also. For frozen corn use 1/4 lb for each pan.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.540 |

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 82.56    |                  |        |
| <b>Fat</b>           | 2.45g    |                  |        |
| <b>SaturatedFat</b>  | 0.56g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 202.42mg |                  |        |
| <b>Carbohydrates</b> | 16.17g   |                  |        |
| <b>Fiber</b>         | 2.16g    |                  |        |
| <b>Sugar</b>         | 3.23g    |                  |        |
| <b>Protein</b>       | 2.16g    |                  |        |
| <b>Vitamin A</b>     | 93.75IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 1.50mg   | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Dark Green Side Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Peaches



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Apple



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Orange



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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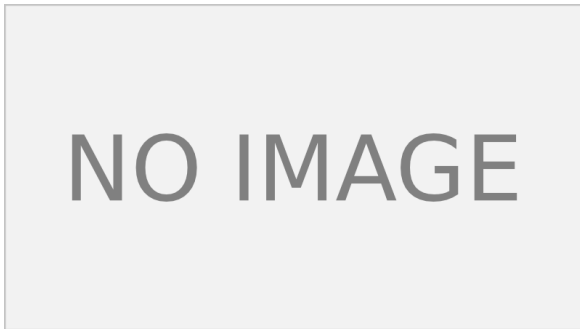
## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Banana



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Tenders

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 4.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-35061          |
| <b>School:</b>       | WE        |                       |                  |

## Ingredients

| Description                | Measurement | Prep Instructions   | DistPart # |
|----------------------------|-------------|---|------------|
| CHIX TNR WGRAIN FC 4-8 TYS | 200 Piece   | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 283951     |

## Preparation Instructions

- Cook chicken tenders according to directions:  
Convection Oven 6-8 minutes at 375°F from frozen.  
CCP: Hold hot at 135 F or higher
- Serve with cornbread

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 346.67                  |
| <b>Fat</b>              | 20.00g                  |
| <b>SaturatedFat</b>     | 3.33g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 33.33mg                 |
| <b>Sodium</b>           | 520.00mg                |
| <b>Carbohydrates</b>    | 21.33g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 1.33g                   |
| <b>Protein</b>          | 20.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 48.00mg  | <b>Iron</b> 2.67mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tenders



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 4.00 Piece | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-35062          |
| <b>School:</b>       | WE         |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CHIX TNR HOT & SPCY WG FC 1.13Z 4-8 | 200 Each    |                   | 281731     |

## Preparation Instructions

- Cook chicken tenders according to directions:  
Convection Oven 6-8 minutes at 375°F from frozen.  
CCP: Hold hot at 135 F or higher
- 2 serve with cornbread

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Piece

### Amount Per Serving

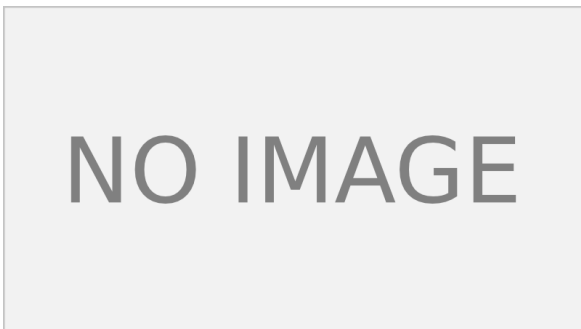
|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 346.67   |                  |        |
| <b>Fat</b>           | 20.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.33g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 33.33mg  |                  |        |
| <b>Sodium</b>        | 520.00mg |                  |        |
| <b>Carbohydrates</b> | 22.67g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 1.33g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 52.00mg  | <b>Iron</b>      | 2.67mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Biscuits and Sausage Gravy



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

## Ingredients

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

## Preparation Instructions



### Prepare Sausage Gravy

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

### Assemble Sausage and Gravy over warm biscuit

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Chunk



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Green Bean Stir Fry



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-31620          |

## Ingredients

| Description                          | Measurement  | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CHIX PULLED WHT & DRK BLND 2-5 TYS   | 9 3/8 Pound  | 10 LBS            | 467802     |
| SAUCE CLASSIC STIR FRY 4-.5GAL ASIAN | 3 1/8 Cup    |                   | 202230     |
| BEAN GRN 6-10 COMM                   | 12 1/2 Pound |                   | 110730     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 378.11   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 1.00g    |                  |        |
| <b>Cholesterol</b>   | 165.03mg |                  |        |
| <b>Sodium</b>        | 650.91mg |                  |        |
| <b>Carbohydrates</b> | 7.01g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 5.01g    |                  |        |
| <b>Protein</b>       | 39.01g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg   | <b>Iron</b>      | 1.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese Sandwich



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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

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

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

Updated October 2013

Notes:



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Apricot



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Asian Brown Rice



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

## Ingredients

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

## Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 20/25 minutes).

1. Add dressing and stir well.

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Chicken Street Tacos

NO IMAGE

|                      |                             |                       |                   |
|----------------------|-----------------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 50.00                       | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 3.00 Each                   | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-31406           |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                   |

## Ingredients

| Description                        | Measurement | Prep Instructions   | DistPart #           |
|------------------------------------|-------------|---|----------------------|
| 4.5" Corn Tortillas                | 150 Each    | <b>READY_TO_EAT</b><br>Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side.<br>Keep in cooler<br>Shelf Life of 75 days from date of production<br>3 tortillas per serving                 | Wilkens Food Service |
| SEASONING TACO 21Z TRDE            | 1 1/2 Cup   | Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior to cooking.  | 413429               |
| CHIX PULLED WHT & DRK BLND 2-5 TYS | 150 Ounce   | <b>Keep Frozen:</b><br>Place frozen chicken in 6" steam table pan and cook for 20-30 minutes or until the internal temperature reaches 165 degrees for 15 seconds or longer.<br>3oz serving<br>1oz per tortilla use #30 scoop | 467802               |

## Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 494.40   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 65.00mg  |                  |        |
| <b>Sodium</b>        | 495.66mg |                  |        |
| <b>Carbohydrates</b> | 75.88g   |                  |        |
| <b>Fiber</b>         | 6.72g    |                  |        |
| <b>Sugar</b>         | 0.72g    |                  |        |
| <b>Protein</b>       | 25.72g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.00mg   | <b>Iron</b>      | 1.52mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Soft Beef Tacos

NO IMAGE

|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00                       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-31741          |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 125 Ounce   |                   | 722330     |
| TORTILLA FLOUR ULTRGR 6 30-12CT     | 50 Each     | 1= 1G             | 882690     |
| CHEESE CHED MLD SHRD 4-5 LOL        | 6 1/2 Cup   |                   | 150250     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS     | 12 1/2 Cup  |                   | 451730     |

## Preparation Instructions

1. Heat beef according to the manufacturer's directions.
2. Warm tortillas.
3. To serve, fill each tortilla with 1.5 oz taco meat.

\*\*Allergens: Milk, Wheat, Soy

serve 2 per student



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.010 |
| <b>RedVeg</b>   | 0.103 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 236.45                  |
| <b>Fat</b>              | 11.47g                  |
| <b>SaturatedFat</b>     | 6.54g                   |
| <b>Trans Fat</b>        | 0.23g                   |
| <b>Cholesterol</b>      | 42.41mg                 |
| <b>Sodium</b>           | 407.00mg                |
| <b>Carbohydrates</b>    | 19.47g                  |
| <b>Fiber</b>            | 3.58g                   |
| <b>Sugar</b>            | 2.58g                   |
| <b>Protein</b>          | 15.22g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 167.00mg | <b>Iron</b> 2.56mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans



|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup                    | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-32805          |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                  |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| BEAN REFRD 6-10 P/L | 1/2 Cup     |                   | 293962     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 2.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 530.00mg |                  |        |
| <b>Carbohydrates</b> | 23.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 45.00mg  | <b>Iron</b>      | 2.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Mexicali Corn Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Strawberries and Blueberries

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

thaw and combined

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Banana Split topped w/Berries served w/Granola



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

## Ingredients

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

## Preparation Instructions

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



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili Dog

NO IMAGE

|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00                      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-31443          |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                  |

## Ingredients

| Description                              | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| FRANKS 3 MEAT 8/ 6<br>2-5 BALLP          | 100 Each    | <b>BOIL</b><br>Heat water to a rolling boil.<br><b>GRILL</b><br>Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature.<br><b>MICROWAVE</b><br>Microwave heat for 30-60 seconds.<br><b>READY_TO_EAT</b><br>Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.<br><b>STEAM</b><br>Place a single layer of hot dogs in a steam table pan. | 245370     |
| BUN HOT DOG<br>WHLWHE 12-12CT<br>ANTMILL | 100 Each    | Thaw   | 564053     |
| Shredded Cheddar<br>Cheese               | 50 Ounce    | Portion into 1 oz servings   | 100003     |
| CHILI CINCINNATI<br>STYLE 6-5 COMM       | 100 Ounce   | PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER.<br>HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT<br>REACHES SERVING TEMPERATURE. AVOID OVERLOADING<br>KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF<br>KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT   | 343990     |

## Preparation Instructions

Portion 1 hot dog on a bun and top with 1 oz chili and 0.5 oz cheese.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           |         | 395.52           |        |
| <b>Fat</b>                |         | 25.33g           |        |
| <b>SaturatedFat</b>       |         | 10.08g           |        |
| <b>Trans Fat</b>          |         | 0.17g            |        |
| <b>Cholesterol</b>        |         | 69.68mg          |        |
| <b>Sodium</b>             |         | 802.80mg         |        |
| <b>Carbohydrates</b>      |         | 27.08g           |        |
| <b>Fiber</b>              |         | 5.23g            |        |
| <b>Sugar</b>              |         | 3.18g            |        |
| <b>Protein</b>            |         | 16.51g           |        |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 82.17mg | <b>Iron</b>      | 3.32mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Waffle Fries

NO IMAGE

|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 23.00                       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-32839          |
| <b>School:</b>       | DeMotte Elementary<br>Schho |                       |                  |

## Ingredients

| Description               | Measurement | Prep Instructions  | DistPart # |
|---------------------------|-------------|--|------------|
| FRIES WAFFLE 6-4.5<br>MCC | 4 1/2 Pound | CONVECTION<br>PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT<br>EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14<br>MINUTES, TURNING ONCE FOR UNIFORM COOKING.<br>DEEP_FRY<br>FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT.<br>DEEP FRY @ 350° F FOR 2 1<br>4 TO 2 3<br>4 MINUTES. | 201081     |

## Preparation Instructions

- Do not over crowd pan or potatoes will not crisp.
- Batch cook, leaving in warming cabinet too long will cause sogginess.
- Do not cover in pans because product will become soggy.
- Serve with gloved hand.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 4.00 Ounce

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           | 41.74  |                  |        |
| <b>Fat</b>                | 1.74g  |                  |        |
| <b>SaturatedFat</b>       | 0.17g  |                  |        |
| <b>Trans Fat</b>          | 0.00g  |                  |        |
| <b>Cholesterol</b>        | 0.00mg |                  |        |
| <b>Sodium</b>             | 6.96mg |                  |        |
| <b>Carbohydrates</b>      | 5.91g  |                  |        |
| <b>Fiber</b>              | 0.35g  |                  |        |
| <b>Sugar</b>              | 0.00g  |                  |        |
| <b>Protein</b>            | 0.35g  |                  |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.00mg | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 36.81  |                  |        |
| <b>Fat</b>           | 1.53g  |                  |        |
| <b>SaturatedFat</b>  | 0.15g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 6.13mg |                  |        |
| <b>Carbohydrates</b> | 5.21g  |                  |        |
| <b>Fiber</b>         | 0.31g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.31g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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# Candied Carrots

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

\*\*Allergens: Milk

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Spice Baked Apples



|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 50.00    | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-35033             |
| <b>School:</b>       | WE       |                       |                     |

## Ingredients

| Description                  | Measurement      | Prep Instructions   | DistPart # |
|------------------------------|------------------|---|------------|
| APPLE SLCD W/P 6-10 GCHC     | 2 1/2 #10 CAN    | Do NOT drain  | 117773     |
| BUTTER SUB 24-4Z BTRBUDS     | 1 Ounce          | To make 1 lb. of butter sauce: add 2 oz (1/2 pkt) to 2 cups of warm water and stir. | 209810     |
| SPICE CINNAMON GRND 15Z TRDE | 1 1/2 Tablespoon |   | 224723     |
| SPICE NUTMEG GRND 16Z TRDE   | 1/2 Tablespoon   |   | 224944     |

## Preparation Instructions

1. Pour apple cans into full steam-table pans.
2. Prepare butter sauce as directed.
3. Mix ground cinnamon and nutmeg into butter bud sauce.
4. Pour mixture over the apples, evenly divided, into each of the steam-table pans.
5. Bake at 350 F for ~30 minutes, or until warm and water mostly evaporated.

\*\*Allergens: Milk



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 60.04   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 17.55mg |                  |        |
| <b>Carbohydrates</b> | 14.44g  |                  |        |
| <b>Fiber</b>         | 2.38g   |                  |        |
| <b>Sugar</b>         | 10.69g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit Smoothie w/ Bagel

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Smoothie:

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

HACCP=1

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# French Bread Pizza

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 59.50     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-34231          |
| <b>School:</b>       | WE        |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| FRENCH BRD<br>WGRAIN 50/50 CHS<br>60-5.2Z | 59 1/2 Each | <b>BAKE</b><br>FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES<br>NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. | 154321     |

## Preparation Instructions

CONVECTION OVEN: 375F FOR 18-20 MINUTES.

Serve in 2# boat.

Hold at 135F.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 59.50

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 214.00                  |
| <b>Fat</b>              | 7.90g                   |
| <b>SaturatedFat</b>     | 2.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 11.00mg                 |
| <b>Sodium</b>           | 307.10mg                |
| <b>Carbohydrates</b>    | 23.00g                  |
| <b>Fiber</b>            | 2.10g                   |
| <b>Sugar</b>            | 6.00g                   |
| <b>Protein</b>          | 12.10g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 228.60mg | <b>Iron</b> 1.60mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spinach Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey, Ham and Cheese Lunch Kit



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Strawberry Cup



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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