### **Cookbook for Secondary Campus**

**Created by HPS Menu Planner** 

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## **Italian Meatball Sub**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33637

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BF CKD .5Z 4-5 GCHC	4 Each	PULL FROM FREEZER AND PORTION INTO 6 PANS	869929
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	THAW PER DIRECTIONS ON BOX	564053

#### **Preparation Instructions**

MEATBALLS WITH SAUCE: (1) THAW MEATBALLS; (2) ADD MEATBALLS TO SAUCE AND HEAT IN OVEN AT 400 F FOR 40 MINUTES. IF MEATBALLS ARE FROZEN, ALLOW APPROXIMATELY 5 TO 10 MINUTES ADDITIONAL TIME. MEATBALLS WITHOUT SAUCE: (1) 400 F OVEN FOR 5 MINUTES (2) MICROWAVE 50 SECONDS FOR EACH 6 MEATBALLS.

CCP: Cook meatballs to an internal temp of 165 degrees, hot hold at 140 or above.

ASSEMBLY: OPEN BUN, PLACE 4 MEATBALLS WITH SAUCE ON BUN, ENSURING 1/4 CUP SAUCE ON EACH. SPRINKLE WITH 1/4 CUP SHREDDED MOZZ CHEESE.

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Corving Cize			
Amount Pe	er Serving		
Calories		430.00	
Fat		22.08g	
SaturatedF	at	8.83g	
Trans Fat		0.67g	
Cholestero	I	41.67mg	
Sodium		872.50mg	
Carbohydra	ates	36.33g	
Fiber		7.33g	
Sugar		7.67g	
Protein		22.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	284.17mg	Iron	3.46mg

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

#### Nutrition - Per 100g

# Uncrustable, PBJ, Grape

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33638
School:	All Four Elementary		
	,		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72- 2.6Z	1 Each		527462

#### Preparation Instructions

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving					
Calories		300.00			
Fat		16.00g			
SaturatedFa	at	3.50g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		280.00mg	280.00mg		
Carbohydrates		32.00g			
Fiber		4.00g			
Sugar		15.00g			
Protein		9.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	43.00mg	Iron	1.00mg		

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#### Nutrition - Per 100g

# **Uncrustable, PBJ, Strawberry**

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33639
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

#### **Preparation Instructions**

No Preparation Instructions available.

#### Meal Components (SLE)

Amount Per Serving		
Meat	1.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts** Servings Per Recipe: 1.00 Serving Size: 1.00 Each **Amount Per Serving** Calories 300.00 Fat 16.00g **SaturatedFat** 3.50g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 280.00mg Carbohydrates 33.00g Fiber 4.00g Sugar 15.00g Protein 9.00g Vitamin A 0.00IU Vitamin C 0.00mg

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Iron

1.00mg

44.00mg

Calcium

#### Nutrition - Per 100g

# **Yogurt Cup Lunchable**

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33640
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042
APPLESAUCE CINN 96-4.5Z	1 Each		358572
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211

#### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving			
Calories		510.00		
Fat		15.50g		
SaturatedF	at	6.50g		
Trans Fat		0.00g		
Cholestero	I	25.00mg		
Sodium		490.00mg		
Carbohydra	ates	82.00g		
Fiber		3.00g		
Sugar		53.00g		
Protein		15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	285.00mg	Iron	1.00mg	

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#### Nutrition - Per 100g

# **Mozzarella String Cheese**

# NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33641
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

#### **Preparation Instructions**

No Preparation Instructions available.

#### Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		60.00		
Fat		3.00g		
SaturatedF	at	2.00g		
Trans Fat		0.00g		
Cholesterol 10.00mg				
Sodium		200.00mg		
Carbohydra	ates	1.00g		
Fiber		0.00g		
Sugar		1.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	198.00mg	Iron	0.00mg	

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#### Nutrition - Per 100g

# **Chilled Fruit, Assorted**

# NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33642
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GCHC	4 #10 CAN		225304
PEACH DCD XL/S 6-10 GCHC	4 #10 CAN		268348
PEAR DCD XL/S 6-10 GCHC	4 #10 CAN		290203

#### **Preparation Instructions**

Directions: CCP: Hold for cold service at 41° F or lower. Open Can fruit, drain slightly place under refrigeration Notes: Serve with 4 oz spoodle

Meat	0.000
Grain	0.000
Fruit	1.609
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

eerring eize			
Amount Pe	r Serving		
Calories		248.32	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		31.04mg	
Carbohydra	ites	62.08g	
Fiber		4.14g	
Sugar		49.66g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.31mg	Iron	0.00mg

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#### Nutrition - Per 100g

# Fruit, Fresh, Whole

# NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33643
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE JUICER 100-125CT 40	100 Each		100955
BANANA PETITE GRN 150CT DOLE	100 Each		591310
PEAR 95-110CT MRKN	100 Each		198056
APPLE DELIC GLDN 125-138CT MRKN	100 Each		597481
APPLE GALA 138CT MRKN	100 Each		569392

#### **Preparation Instructions**

Directions: WASH HANDS. WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL. CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F. Child Nutrition: 1 orange = 1/2c fruit Updated October 2013 Notes:

Meat	0.000
Grain	0.000
Fruit	8.780
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		910.02	
Fat		1.00g	
SaturatedF	at	0.30g	
Trans Fat		0.00g	
Cholestero	)I	0.00mg	
Sodium		46.36mg	
Carbohydr	ates	242.84g	
Fiber		48.98g	
Sugar		148.76g	
Protein		10.18g	
Vitamin A	213.76IU	Vitamin C	70.25mg
Calcium	168.86mg	Iron	3.29mg

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#### Nutrition - Per 100g

# **Bread Stick, Herbed**

# NO IMAGE

Servings:	50.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33644
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" WG Breadstick	2 Each		5083

#### **Preparation Instructions**

Wash hands for 30 seconds

1.) Place bread stick into 6 inch full pan. One layer at a time

2.) Spray each layer with Garlic Butter spray.

3.) Sprinkle with bread stick seasonings.

4.) Repeat

Place in warmer before service,.

2 per order.

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

#### **Nutrition Facts**

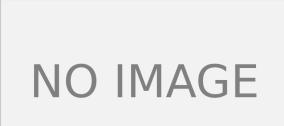
Servings Per Recipe: 50.00 Serving Size: 2.00 Each

Amount Pe	r Serving		
Calories		0.11	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.14mg	
Carbohydra	ntes	0.02g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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#### Nutrition - Per 100g

# **Dinner Roll**



Servings:	50.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33645
School:	All Four Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	50 Each	READY_TO_EAT	4372

#### **Preparation Instructions**

Wash hands Put on gloves. Place dinner rolls, in a 4 inch pan. Top with cover and tongs Serve immediately. 2 per serving

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 2.00 Each

Amount Pe	r Serving			
Calories		100.00		
Fat		1.50g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		1.25mg		
Carbohydra	ates	19.00g		
Fiber		2.00g		
Sugar		3.00g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	2.00mg	Iron	6.00mg	

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#### Nutrition - Per 100g

# **All American Cheese Burger**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33776

#### Ingredients

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

#### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

eerring eize	Cerving Cize. 1.00 Cerving			
Amount Pe	r Serving			
Calories		360.00		
Fat		18.00g		
SaturatedF	at	7.30g		
Trans Fat		0.80g		
Cholestero	1	61.50mg		
Sodium		591.00mg	591.00mg	
Carbohydra	ates	27.00g		
Fiber		4.00g		
Sugar		4.50g		
Protein		21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	132.50mg	Iron	2.00mg	

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#### Nutrition - Per 100g

# **Apple Crisp**



Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33777

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R SLF RISING 25 PILLS	3 1/4 Cup	BAKE Use as an ingredient in baking.	605441
Oats, Rolled, Whole	9 Ounce		100466
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 15Z TRDE	6 Teaspoon		224723
SPICE NUTMEG GRND 16Z TRDE	4 1/2 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	1/2 Teaspoon		350732
MARGARINE SLD 30-1 GCHC	1 Pound		733061
Apple Slices, Canned, Unsweetened	1 #10 CAN		100206
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup		108588
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup		311227

#### **Preparation Instructions**

#### For Topping:

1. Combine flour, rolled oats, brown sugar, 4 1/2 teaspoons of cinnamon, nutmeg (optional), salt, and butter. Mix until crumbly. Set aside for step 6.

For filling:

- 2. Drain apples, reserving juice. Add enough water to juice make 1 1/2 cups liquid. Set liquid aside for step 5.
- 3. Place apples into steam table pan.
- 4. Sprinkle sugar, 1 1/2 tsp. cinnamon and 1/4 cup lemon juice over apples in steam table pan. Stir to combine.
- 5. Pour 1 1/2 cups liquid over apples in pan.
- 6. Sprinkle topping evenly over apples in steam table pan.
- 7. Bake until topping is browned and crisp:

Conventional oven: 425 degrees for 35 to 45 minutes

Convection oven 350 degrees for 25 to 35 minutes.

8. Cool. Cut each pan 5 X 10 (50 pieces per pan).

#### Meal Components (SLE)

Amount Per Serving

Amount of Octaing	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

# Nutrition FactsServings Per Recipe: 50.00Serving Size: 1.00 PieceAmount Per ServingCalories181.21Fat7.40gSaturatedFat2.88gTrans Fat0.00g

Cholestero		0.00mg	
Sodium		201.47mg	
Carbohydra	ates	27.63g	
Fiber		1.65g	
Sugar		18.10g	
Protein		1.06g	
Vitamin A	480.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	0.34mg

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#### Nutrition - Per 100g

## **Bacon Cheeseburger**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33778

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12- 50CT JENNO	1 Slice	BAKE in oven according to package instructions	834770
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	548062

#### **Preparation Instructions**

Bake burgers and bacon according to package instructions.

Keep warm at at least 140 degrees for storage and service.

Assemble on Line at service: Bun, Burger, Cheese and Bacon if desired.

Keep cheese at 40 degrees or below for storage.

Meal Components (SLE) Amount Per Serving			
Meat	3.000		
Grain	2.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		467.00		
Fat		23.50g		
SaturatedF	at	8.25g		
<b>Trans Fat</b>		1.00g		
Cholestero	l	96.50mg		
Sodium		1063.00mg		
Carbohydra	ates	26.00g		
Fiber		3.00g		
Sugar		4.50g		
Protein		34.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	126.00mg	Iron	1.36mg	

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#### Nutrition - Per 100g

## **Breaded Chicken Patty Sandwich**



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33779

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	200 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	200 Each	ready to eat, no baking necessary	517810

#### **Preparation Instructions**

#### To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty Condiments- choice of one

- 1 ketchup packet
- 1 mustard packet
- 1 mayo packet
- 1 BBQ sauce cup

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

#### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 1.00 Serving

		0	
Amount Pe	r Serving		
Calories		340.00	
Fat		11.50g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		580.00mg	
Carbohydra	ates	38.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

#### Nutrition - Per 100g

## **Breaded Chicken Patty Sandwich-Spicy**



Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33781

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Ready to eat, Keep frozen until ready to use. Thaw at room temperature 3-4 hours before needed.	517810

#### **Preparation Instructions**

To prepare:

place bottom of hamburger bun on tray, add spicy chicken patty, then add top of bun

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

#### **Nutrition Facts**

Servings Per Recipe: 128.00 Serving Size: 1.00 Serving

		<u> </u>	
Amount Pe	r Serving		
Calories		201.09	
Fat		10.01g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		331.41mg	
Carbohydra	ates	9.20g	
Fiber		1.02g	
Sugar		1.03g	
Protein		19.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.23mg	Iron	1.01mg

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

#### Nutrition - Per 100g

## Hot Dog on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33782

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	Ready to eat. Thaw for 4 hours or overnight before using.	564053

#### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

oorving oize	Ocivility Olze. 1.00 Eden			
Amount Pe	r Serving			
Calories		300.00		
Fat		18.00g		
SaturatedF	at	6.00g		
Trans Fat		0.50g		
Cholestero	l	35.00mg		
Sodium		625.00mg		
Carbohydra	ates	26.00g		
Fiber		5.00g		
Sugar		3.00g		
Protein		11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	33.89mg	Iron	2.77mg	

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

#### Nutrition - Per 100g

## **Tex Mex Black Bean Salsa w/Tortilla Chips**



Servings:	75.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33783

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 GRSZ	3 #10 CAN	ready to use	557714
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 #10 CAN	ready to use	118966
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	75 Ounce	top with cheese prior to serving	100012
Premium Taco Seasoning Mix- Reduced Sodium	1 1/2 Cup		876805
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751
TOMATO DCD PETITE 6-10 GCHC	2 #10 CAN		498871

#### **Preparation Instructions**

1. Drain and rinse black beans and corn in a colander.

- 2. In a large bowl, add drained corn, black beans, diced tomatoes and taco seasoning.
- 3. Stir well, cover and can refrigerate overnight. CCP: Hold for at 41° F or lower.

4. CCP-Bake at 350° for 40-50 minutes, internal temperature should reach 165° F. Stir well before serving. Top with 1 oz of Shredded Cheddar Cheese when serving

#### Meal Components (SLE)

Amount Per Serving	. ,
Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.517
Starch	0.000

Amount Per Serving       Calories     388.95       Fat     10.84g       SaturatedFat     4.50g       Trans Fat     0.00g       Cholesterol     20.00mg       Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU       Vitamin C     0.00mg	Nutrition Facts Servings Per Recipe: 75.00 Serving Size: 1.00 Cup					
Fat     10.84g       SaturatedFat     4.50g       Trans Fat     0.00g       Cholesterol     20.00mg       Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Amount Per Serving					
SaturatedFat     4.50g       Trans Fat     0.00g       Cholesterol     20.00mg       Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Calories		388.95			
Trans Fat     0.00g       Cholesterol     20.00mg       Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU	Fat		10.84g			
Cholesterol     20.00mg       Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	SaturatedFat		4.50g			
Sodium     1017.81mg       Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Trans Fat		0.00g			
Carbohydrates     54.03g       Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Cholesterol		20.00mg			
Fiber     10.23g       Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Sodium		1017.81mg			
Sugar     4.83g       Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Carbohydrates		54.03g			
Protein     18.66g       Vitamin A     0.00IU     Vitamin C     0.00mg	Fiber		10.23g			
Vitamin A0.00IUVitamin C0.00mg	Sugar		4.83g			
	Protein		18.66g			
Coloium 100.05mg Iron 0.40mg	Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium 100.95mg Iron 3.49mg	Calcium	100.95mg	Iron	3.49mg		

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

#### Nutrition - Per 100g

# Walking Taco



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33784

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound		722330
CHIP TORTL SCOOP BKD 72875Z TOSTIT	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Pound		242489
Cheese, Cheddar Reduced fat, Shredded	50 Ounce		100012

#### **Preparation Instructions**

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used.

0	
Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.200
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Each

•••••••				
Amount Pe	r Serving			
Calories		306.51		
Fat		13.35g		
SaturatedF	at	5.82g		
Trans Fat		0.29g		
Cholestero		54.32mg		
Sodium		624.67mg		
Carbohydra	ates	25.51g		
Fiber		3.25g		
Sugar		2.25g		
Protein		21.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	82.81mg	Iron	2.30mg	

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

#### Nutrition - Per 100g

# Salisbury Steak with Gravy



Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33786

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BEEF 12-15Z GCHC	7 1/2 Ounce	follow directions on package	822861
BEEF STK SALISBURY CHARB 59-2.7Z ADV	30 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product for 2- 4 minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730

#### **Preparation Instructions**

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

CCP: Heat in 350 degree oven till internal temp of 165 degrees is reached.

CCP: Hot hold at 135 degrees or above for max of 4 hours.

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

#### **Nutrition Facts**

Servings Per Recipe: 30.00 Serving Size: 1.00 Each

<u> </u>				
Amount Per Serving				
Calories		186.25		
Fat		13.13g		
SaturatedFa	at	5.00g		
Trans Fat		0.00g		
Cholesterol		40.00mg		
Sodium		292.50mg		
Carbohydrates		4.25g		
Fiber		1.00g		
Sugar		1.00g		
Protein		14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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#### Nutrition - Per 100g

# **Homemade Baked Beans Sauce**

# NO IMAGE

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33788

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions, dehydrated flakes	1/3 Ounce		11284
BASE CHIX LO SOD NO MSG 6-1 MINR	1 Tablespoon		580589
SUGAR BROWN MED 25 GCHC	3/4 Cup	UNSPECIFIED	108626
KETCHUP CAN 6-10 HNZ	3/4 Cup		100188
MUSTARD PKT 500-5.5GM GCHC	1 Teaspoon	BAKE	700051
SALT KOSHER 12-3 DIAC	3/4 Teaspoon		424307

#### **Preparation Instructions**

Wash hands thoroughly. Mix all ingredients in mixer or by hand. Refrigerate until ready to use but store no longer than 30 days. CCP: Store at 41 degrees or below until use. SAUCE FOR: 1 CAN 2 CANS 3 CANS 4 CANS 5 CANS 6 CANS DEHYDRATED ONION 1/3 OZ. 2/3 OZ. 1 OZ. 1 1/3 OZ. 1 2/3 OZ. 2 OZ. CHICKEN BASE 1 T. 2 T. 3 T. 4 T. 5 T. 6 T. BROWN SUGAR ¾ CUP 1 ½ CUP 2 ¼ CUP 3 CUP 3 ¾ CUP 4 ½ CUP CATSUP ¾ CUP 1 ½ CUP 2 ¼ CUP 3 CUP 3 ¾ CUP 4 ½ CUP PREPARED MUSTARD 1 tsp. 1 ½ tsp. 2 tsp. 2 ½ tsp. 3 tsp. 3 ½ tsp. SALT ¾ tsp. 1 ½ tsp. 2 ¼ tsp. 3 tsp. 3 ¾ tsp. 4 ½ tsp.

Meat	0.025
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 25.00 Serving Size: 0.50 1

eer mig eize			
Amount Pe	r Serving		
Calories		22.83	
Fat		0.05g	
SaturatedFa	at	0.02g	
Trans Fat		0.00g	
Cholesterol		0.44mg	
Sodium		37.66mg	
Carbohydrates		5.83g	
Fiber		0.00g	
Sugar		5.79g	
Protein		0.12g	
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.19mg	Iron	0.00mg
ouloium	3		

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

#### Nutrition - Per 100g

### **Baked Beans**



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33789

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6- 10 GCHC	1 #10 CAN		261475
Baked Beans Sauce	1 Serving	Wash hands thoroughly. Mix all ingredients in mixer or by hand. Refrigerate until ready to use but store no longer than 30 days. CCP: Store at 41 degrees or below until use. SAUCE FOR: 1 CAN 2 CANS 3 CANS 4 CANS 5 CANS 6 CANS DEHYDRATED ONION 1/3 OZ. 2/3 OZ. 1 OZ. 1 1/3 OZ. 1 2/3 OZ. 2 OZ. CHICKEN BASE 1 T. 2 T. 3 T. 4 T. 5 T. 6 T. BROWN SUGAR ¾ CUP 1 ½ CUP 2 ¼ CUP 3 CUP 3 ¾ CUP 4 ½ CUP CATSUP ¾ CUP 1 ½ CUP 2 ¼ CUP 3 CUP 3 ¾ CUP 4 ½ CUP PREPARED MUSTARD 1 tsp. 1 ½ tsp. 2 tsp. 2 ½ tsp. 3 tsp. 3 ½ tsp. SALT ¾ tsp. 1 ½ tsp. 2 ¼ tsp. 3 tsp. 3 ¾ tsp. 4 ½ tsp.	R-33788

#### **Preparation Instructions**

Distribute mixed beans and sauce into hotel pans, heat to 165°F and hold in warmer at a minimum of 140°F. CCP

- 1. Spray steamtable pan with Cooking Spray.
- 2. Pour Beans into pan.
- 3. Add sauce per recipe and mix well.
- 4. Bake at 325\* for 1 1/4 hours.
- 5. Serve 1/2 cup Legume, in portion souffle cups.

Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Critical Control Point: Hold for hot service at 135 °F or higher. Portion with 4 fl oz slotted spoodle (1/2 cup).

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

#### **Nutrition Facts**

Servings Per Recipe: 25.00 Serving Size: 0.50 Cup

ee				
Amount Pe	r Serving			
Calories		146.99		
Fat		0.05g		
SaturatedF	at	0.02g		
Trans Fat		0.00g		
Cholestero	l	0.44mg		
Sodium		182.51mg		
Carbohydrates		27.56g		
Fiber		5.17g		
Sugar		6.82g		
Protein		7.37g		
Vitamin A	0.00IU	Vitamin C	0.01mg	
Calcium	43.65mg	Iron	2.07mg	

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

#### Nutrition - Per 100g

# **Chef Salad Chicken**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33790

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Cup		182570
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	2 Ounce		313262
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012
DRESSING ITAL FF PKT 200-12GM GCHC	1 Each		187194
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791
LETTUCE SALAD SEP BAGS 4-5 RSS	1/2 Cup		242071
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER ENG SDLSS 12-1CT P/L	1/4 Cup		532312
CARROT SHRD MED 2-5 RSS	1 Ounce		313408

#### **Preparation Instructions**

Wash hands. Put on gloves. Place lettuce in container. Top with chicken and other toppings and cheese. Offer 2 rolls or cornbread CCP: store and keep at 40 degrees or below until service.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00				
Serving Size: 1.00 Each				
Amount Pe	er Serving			
Calories		390.79		
Fat		13.93g		
SaturatedF	at	5.06g		
Trans Fat		0.00g		
Cholestero	I	80.33mg		
Sodium		401.80mg		
Carbohydra	ates	39.07g		
Fiber		4.09g		
Sugar		21.41g		
Protein		29.34g		
Vitamin A	5144.06IU	Vitamin C	8.26mg	
Calcium	65.38mg	Iron	2.05mg	

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

#### Nutrition - Per 100g

# Pizza Lunchable

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33791

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5 For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
Cheese, Mozzarella light, Shred FRZ	1/2 Cup		100034
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
PEPPERONI SLCD 14-16/Z 2-5 GCHC	12 Each		729981

#### **Preparation Instructions**

Place flatbread (Cut into 4 squares) and other ingredients into container together. Serve Cold at below 40 degrees, store for service.

Container: 200332 and Lid: 366332

Add 1 fruit or Veg for a full meal.

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

••••••g••=•	. 1.00 Euon		
Amount Pe	r Serving		
Calories		459.00	
Fat		21.95g	
SaturatedF	at	8.85g	
Trans Fat		0.09g	
Cholestero	l	42.50mg	
Sodium		1308.95mg	
Carbohydra	ates	49.75g	
Fiber		2.70g	
Sugar		8.00g	
Protein		11.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.31mg	Iron	2.55mg

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

#### Nutrition - Per 100g

# **Turkey & Cheese Lunchable**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33792

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	5 circles equal 1 oz	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRACKER WHEAT THN SUPERCRTN 4-40Z NAB	8 Each		233580

#### **Preparation Instructions**

Assemble all in the container: 200332 and Lid: 366332.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

Portion: one pack, add a fruit or veg for a full meal.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		190.40	
Fat		9.96g	
SaturatedF	at	4.40g	
Trans Fat		0.00g	
Cholestero	l	35.20mg	
Sodium		428.94mg	
Carbohydra	ates	12.00g	
Fiber		0.00g	
Sugar		2.50g	
Protein		14.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	208.50mg	Iron	0.54mg

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

#### Nutrition - Per 100g

# **Chicken Fajitas**



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33820

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	13 Pound		154900
SPICE PEPR BLK REG FINE GRIND 16Z	2 2/3 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	2 2/3 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	1/4 Cup		273945
SPICE OREGANO LEAF 5Z TRDE	1 1/3 Tablespoon		513733
PEPPERS & ONION FLME RSTD 6-2.5	3 Сир		847208
CORN SWT FZ 30 COMM	3 1/8 Quart		120490
TOMATO DCD I/JCE CALIF 6-10 GFS	3 6/13 Cup		100366
SALSA 103Z 6-10 REDG	2 Pound	READY_TO_EAT None	452841
SUGAR BEET GRANUL 50 GCHC	1/4 Cup		224413
OIL SALAD CANOLA NT 6-1GAL GCHC	1 Cup		393843
SPICE PAPRIKA 16Z TRDE	1 1/3 Tablespoon		518331
JUICE LIME PLAS 12-1LTR ROSE	1 Cup		214795

Measurement

**Prep Instructions** 

TORTILLA FLOUR ULTRGR 6 30-12CT

100 Each

882690

#### **Preparation Instructions**

#### Directions:

Combine chicken, pepper, garlic powder, chili powder, cumin, oregano. and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Place marinated chicken in braiser. Cook uncovered over medium-high heat for 2 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

In braiser, add peppers and onions. Cook uncovered over medium-high heat until onions are translucent.

In braiser, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes. Stir occasionally.

Combine everything.

Using a No. 8 scoop, portion 1/2 cup 2 1/3 tsp (about 4.2 oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Serve 1 fajita.

NSLP/SBP Crediting Information: One fajita provides 2 oz equivalent meat/meat alternate, 1/8 cup starchy vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

Cooking Process #3: Complex Food Preparation

Meal Compon	ents (SLE)
Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.125
Legumes	0.000
Starch	0.125

Nutrition Facts Servings Per Recipe: 100.00

Coming Cines 4 00 Each

Serving Size	e: 1.00 Each			
Amount Pe	r Serving			
Calories		197.17		
Fat		10.37g		
SaturatedFa	at	3.97g		
<b>Trans Fat</b>		0.00g		
Cholestero	l	54.07mg		
Sodium		590.92mg		
Carbohydra	ates	32.40g		
Fiber		2.15g		
Sugar		4.28g		
Protein		14.29g		
Vitamin A	34.60IU	Vitamin C	0.83mg	
Calcium	26.18mg	Iron	3.82mg	

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

#### Nutrition - Per 100g

# **Chicken Spinach Alfredo over Pasta**



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Lunch Recipe ID: R-33866	
School:	Secondary Campus		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE 2-5 GCHC	4 Pound	Can Sub Penne. FOR EACH POUND OF PASTA, BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.	867850
SPICE PEPR WHITE GRND 17Z TRDE	2 Teaspoon		513776
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
CHEESE PARM GRTD 4-5 PG	1 1/2 Quart		445401
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound	Keep chicken frozen until ready to use	570533
SAUCE PESTO BASIL 2-30Z PG	1 Cup	HIS PRODUCT IS A READY TO USE BASIL PESTO.	844761

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN	UNPREPARED Mix Soup + 1 2 Can Water (25 Oz.) + 1 2 Can Milk (25 Oz.) With Whisk. Stove: Heat, Stirring Occasionally.	695513
SPICE PARSLEY FLAKES 11Z TRDE	10 Teaspoon	used for garnish upon serving	513989
Tap Water for Recipes	4 Gallon	1 gallon for each pound of pasta	000001WTR
GREENS COLLARD CHPD IQF 6-3 GCHC	18 Pound	1 case	416574

#### **Preparation Instructions**

Directions:

Pour into steam table pans (12 x 20 x 4). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 140 °F or higher

Instructions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Combine soup, pesto, pepper, garlic, Parmesan cheese, Greens and chicken. Cook over medium heat for 10-15 minutes, stirring often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Combine noodles and sauce immediately before serving.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

garnish with parsley flakes

Notes:

1: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

Meat	2.392
Grain	1.280
Fruit	0.000
GreenVeg	0.360
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 8.00 Ounce

eering eize					
Amount Pe	r Serving				
Calories		326.96			
Fat		11.69g			
SaturatedF	at	4.68g			
Trans Fat		0.00g			
Cholestero	I	42.79mg			
Sodium		461.00mg			
Carbohydra	ates	34.90g			
Fiber		6.07g			
Sugar		1.85g			
Protein		25.26g			
Vitamin A	142.03IU	Vitamin C	0.00mg		
Calcium	270.60mg	Iron	2.30mg		

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

#### Nutrition - Per 100g

Calories		144.16	
Fat		5.15g	
SaturatedF	at	2.06g	
Trans Fat		0.00g	
Cholestero	I	18.87mg	
Sodium		203.27mg	
Carbohydra	ates	15.39g	
Fiber		2.68g	
Sugar		0.81g	
Protein		11.14g	
Vitamin A	62.62IU	Vitamin C	0.00mg
Calcium	119.31mg	Iron	1.02mg

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

### **Tuna Noodle Casserole**



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34741

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	5 Gallon	UNPREPARED	000001WTR
CELERY STIX 4-3 RSS	2 Cup	Diced celery- 2 cups	781592
ONION RED DCD 1/4 2-5 RSS	2 Cup	Diced onion- 2 cups	429201
PEPPERS GREEN LRG 60-70CT MRKN	2 Cup	Diced green pepper- 2 cups	198757
1 % White Milk	2 1/4 Quart		
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon		242179
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989
LEMON JUICE 100 12-32FLZ GCHC	3 Tablespoon		311227
PASTA EGG NOODL HMSTYL WIDE 4-3	5 Pound		120902
TUNA CHNK LT IN WTR 6-66.5Z GCHC	196 Ounce	3 cans (65.5 oz each)	852103

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM LO SOD 12- 5 CAMP	1 #5 CAN		514802
BUTTER PRINT UNSLTD GRD AA 36- 1 GCHC	1 Cup	1/2 for cooking vegetables; rest for crumb topping	299405
CHEESE MOZZ SHRD 4-5 LOL	2 Cup	for topping	645170
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	4 Slice	dried and crumbled for breadcrumbs for topping	231053

#### **Preparation Instructions**

1. Heat water to a rolling boil.

2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

3. Heat butter in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

4. Add Mushroom Soup and stir until smooth.

5. Add milk, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

6. Add cooked pasta, tuna, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

7.Transfer tuna mixture to a steam table pan (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

8. Topping Mixture: Mix melted butter (1/2 cup butter with 1 cup breadcrumbs and 1 cup shredded mozz) for each pan.

9. Sprinkle with topping mixture (Bread Crumbs, melted butter and mozzarella cheese); Bake in 350 degree oven for 5 minutes or until cheese mostly melted.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Cup

eer mig eize					
Amount Per Serving					
Calories		302.69			
Fat		6.15g			
SaturatedFa	at	3.36g			
Trans Fat		0.00g			
Cholestero		120.11mg			
Sodium		773.34mg			
Carbohydra	ates	9.20g			
Fiber		0.76g			
Sugar		2.71g			
Protein		54.44g			
Vitamin A	23.18IU	Vitamin C	5.02mg		
Calcium	50.35mg	Iron	3.11mg		

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

#### Nutrition - Per 100g

# **Yogurt Parfait**



Servings:	1.00	Category:	Entree
Serving Size:	9.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34773

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1/2 Cup		655010
CEREAL GROLA CRNCHY CLUSTERS 4- 50Z	1 Ounce		812821
YOGURT VAN L/F 4-5 GCHC	4 Ounce		881161

### **Preparation Instructions**

No Preparation Instructions available.

Meat	1.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 9.00 1

Amount Pe	er Serving		
Calories		231.57	
Fat		2.43g	
SaturatedF	at	0.75g	
Trans Fat		0.00g	
Cholestero	I	7.46mg	
Sodium		106.34mg	
Carbohydra	ates	47.57g	
Fiber		2.49g	
Sugar		29.15g	
Protein		6.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	154.48mg	Iron	0.54mg

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

#### Nutrition - Per 100g

### Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34775

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup		15D44
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Cup		242071
CUCUMBER ENG SDLSS 12-1CT P/L	1 Ounce		532312
CARROT SHRD MED 2-5 RSS	1 Ounce		313408

#### **Preparation Instructions**

No Preparation Instructions available.

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		152.69	
Fat		9.13g	
SaturatedF	at	6.03g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		248.02mg	
Carbohydra	ates	9.72g	
Fiber		2.67g	
Sugar		3.99g	
Protein		7.85g	
Vitamin A	5144.06IU	Vitamin C	8.26mg
Calcium	228.74mg	Iron	0.16mg

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

#### Nutrition - Per 100g

# **Chef Salad Ham**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34776

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Cup		182570
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012
DRESSING ITAL FF PKT 200-12GM GCHC	1 Each		187194
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791
LETTUCE SALAD SEP BAGS 4-5 RSS	1/2 Cup		242071
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER ENG SDLSS 12-1CT P/L	1/4 Cup		532312
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

### Preparation Instructions

Wash hands. Put on gloves. Place lettuce in container. Top with Ham and other toppings and cheese. Offer 2 rolls or cornbread CCP: store and keep at 40 degrees or below until service.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00				
Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		380.01		
Fat		15.45g		
SaturatedF	at	5.52g		
Trans Fat		0.00g		
Cholestero	I	71.54mg		
Sodium		692.20mg		
Carbohydra	ates	39.07g		
Fiber		4.09g		
Sugar		21.41g		
Protein		21.58g		
Vitamin A	5144.06IU	Vitamin C	8.26mg	
Calcium	62.83mg	Iron	2.00mg	

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#### Nutrition - Per 100g

# Chef Salad Egg



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34777

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Cup		182570
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012
DRESSING ITAL FF PKT 200-12GM GCHC	1 Each		187194
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791
LETTUCE SALAD SEP BAGS 4-5 RSS	1/2 Cup		242071
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER ENG SDLSS 12-1CT P/L	1/4 Cup		532312
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
EGG HARD CKD PLD 25 GCHC	1 Each		711160
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545

#### Preparation Instructions

Wash hands. Put on gloves. Place lettuce in container. Top with egg and other toppings and cheese. Offer 2 rolls or cornbread CCP: store and keep at 40 degrees or below until service.

#### Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		389.42	
Fat		17.13g	
SaturatedF	at	6.03g	
Trans Fat		0.00g	
Cholestero	I	220.00mg	
Sodium		445.76mg	
Carbohydra	ates	40.57g	
Fiber		4.59g	
Sugar		22.41g	
Protein		18.77g	
Vitamin A	5144.06IU	Vitamin C	8.26mg
Calcium	102.83mg	Iron	3.02mg

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

#### Nutrition - Per 100g

# **Turkey and Beef Macaroni**



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34807

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon		748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound		229941
TURKEY GROUND RAW 4-5# PERD	11 Pound		202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound		198307
TOMATO PASTE 26% 6-10 REDG	2 3/5 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp base + 1 cup water or 1 Tbsp base + 1 quart water or 1 lb base (1 container) + 6 gallons water	580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
BEEF GRND 40 COMM	6 Pound		110520

#### **Preparation Instructions**

#### Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

		0	
Amount Pe	r Serving		
Calories		259.45	
Fat		8.33g	
SaturatedF	at	2.53g	
Trans Fat		0.72g	
Cholestero		56.03mg	
Sodium		297.73mg	
Carbohydrates		28.50g	
Fiber		4.15g	
Sugar		5.83g	
Protein		19.22g	
Vitamin A	122.40IU	Vitamin C	2.20mg
Calcium	38.99mg	Iron	2.36mg

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#### Nutrition - Per 100g

# **Turkey Sub**

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34809

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT after Thawing	276142
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TOMATO 5X6 XL 5 MRKN	2 Ounce		438197
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532

#### **Preparation Instructions**

Place all items onto bun

Wrap in plastic wrap or container provided.

Keep at 40 degrees or below for service and storage.

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.275
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

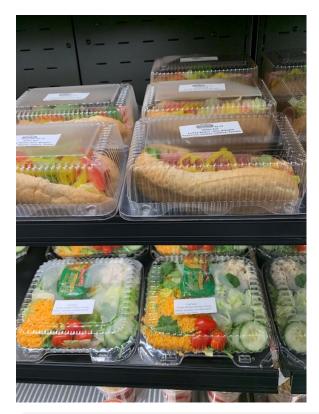
Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Corving Cize			
Amount Pe	r Serving		
Calories		324.17	
Fat		9.64g	
SaturatedF	at	4.54g	
Trans Fat		0.00g	
Cholestero	1	56.38mg	
Sodium		839.24mg	
Carbohydra	ates	31.43g	
Fiber		2.86g	
Sugar		5.63g	
Protein		29.06g	
Vitamin A	412.34IU	Vitamin C	6.78mg
Calcium	218.45mg	Iron	2.13mg

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

#### Nutrition - Per 100g

# **Italian Sub**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34810

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
LETTUCE ROMAINE HRTS 2-7.5 RSS	1/4 Cup		182570
PEPPERS BAN RING MILD 4-1GAL GCHC	4 Slice		466220
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	1 Ounce		276662
MEAT COMBO PK SLCD 12-1 JENNO	4 Slice		236012

# **Preparation Instructions**

Wash Hands Put on gloves

Place open bun in boat Layer Turkey, Ham and Salami & Pepperoni

Top with lettuce, tomato, cheese and peppers

Close bun, wrap in plastic wrap and label

Keep refrigerated at 40 degrees or below for storage and service.

### Meal Components (SLE)

Amount Per Serving		
Meat	3.253	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.125	
RedVeg	0.130	
OtherVeg	0.133	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		387.39	
Fat		15.40g	
SaturatedF	at	5.04g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	84.53mg	
Sodium		1166.63mg	
Carbohydra	ates	32.85g	
Fiber		2.80g	
Sugar		5.90g	
Protein		27.26g	
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	221.33mg	Iron	3.36mg

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

#### Nutrition - Per 100g

# **Orange Chicken**



Servings:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34811

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
ORANGES MAND WHL L/S 6-10 GCHC	3 Cup		117897
SAUCE ORNG GINGR 45GAL ASIAN	32 Ounce		802860

## **Preparation Instructions**

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 165 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

CCP: Keep warm for service at least 140 degrees.

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

### **Nutrition Facts**

Servings Per Recipe: 42.00 Serving Size: 0.50 Cup

•••••••				
Amount Pe	r Serving			
Calories		324.15		
Fat		16.30g		
SaturatedF	at	3.14g		
Trans Fat		0.00g		
Cholestero		25.08mg		
Sodium		489.87mg		
Carbohydra	ates	26.51g		
Fiber		3.76g		
Sugar		9.30g		
Protein		17.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	45.10mg	Iron	2.65mg	

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

### Nutrition - Per 100g

# **BBQ Rib Sandwich**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34812

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
PORK RIB SHAPE BNLS CLSC 40-4Z GCHC	1 Each		287849
SAUCE BBQ 4-1GAL GCHC	1 Tablespoon	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
Water	2 Tablespoon	READY_TO_DRINK	Water

## **Preparation Instructions**

Line baking sheet with parchment liner

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Mix BBQ sauce and water, heat on stove to over 140 degrees, hold at 140 degrees. Pour over panned up riblets. Keep warm at 140 degrees or higher for storage and service.

Put on Bun and Serve.

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

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

	conting cizor mod conting			
Amount Pe	r Serving			
Calories		319.05		
Fat		10.05g		
SaturatedF	at	3.00g		
Trans Fat		0.00g		
Cholestero		50.00mg		
Sodium		897.35mg		
Carbohydra	ates	33.00g		
Fiber		5.15g		
Sugar		12.00g		
Protein		26.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	60.00mg	Iron	1.00mg	

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

### Nutrition - Per 100g

# **Buffalo Chicken Taco**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34813

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
LETTUCE SHRD 3/8 CUT 4-5 RSS	2 Ounce		678791
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
TORTILLA FLOUR ULTRGR 10 8-24CT	1 Each		651003

# **Preparation Instructions**

Combine: diced chicken and buffalo sauce. Cook in steam kettle till 165 degrees is reached. Keep warm at 140 degrees for storage and service.

For Service:

Layer on each tortilla:

3 oz chicken mixture (1/2 c.)

1 oz shredded cheese

2 oz shredded lettuce

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		415.40		
Fat		19.00g		
SaturatedF	at	10.50g		
Trans Fat		0.00g		
Cholesterol		85.00mg		
Sodium		1028.21mg		
Carbohydrates		31.48g		
Fiber		4.24g		
Sugar		2.24g		
Protein		29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	47.40mg	Iron	2.60mg	

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

### Nutrition - Per 100g

# **Black Bean Salad**



Servings:	75.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34814

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 GRSZ	3 #10 CAN	ready to use	557714
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 #10 CAN	ready to use	118966
Premium Taco Seasoning Mix- Reduced Sodium	1 1/2 Cup		876805
TOMATO DCD PETITE 6-10 GCHC	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871

## **Preparation Instructions**

1. Drain and rinse black beans and corn in a colander.

2. In a large bowl, add drained corn, black beans, diced tomatoes and taco seasoning.

Stir well, cover and can refrigerate overnight.
CCP: Hold for at 41° F or lower.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 75.00 Serving Size: 1.00 Cup				
188.95				
0.34g				
0.00g				
0.00g				
Cholesterol 0.00mg				
<b>Sodium</b> 717.81mg				
35.03g				
8.23g				
Sugar 4.83g				
Protein 9.66g				
Vitamin C	0.00mg			
Iron	3.49mg			
	188.95 0.34g 0.00g 0.00g 0.00mg 717.81mg 35.03g 8.23g 4.83g 9.66g Vitamin C			

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

#### Nutrition - Per 100g

# **Pasta Meat Sauce**



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34815

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
SAUCE SPAGHETTI FCY 6-10 REDPK	9 #10 CAN		852759
SPICE GARLIC POWDER 21Z TRDE	1/8 Cup		224839
PASTA PENNE RIGATE 100 WHLWHE 2-5	30 Pound		654571
SPICE OREGANO LEAF 5Z TRDE	1 Cup		513733

## **Preparation Instructions**

Brown beef to temperature of 155 degrees. Drain. Add sauce, onion, and garlic and other seasonings. Let simmer for 2 hours. Keep warm at least 140 degrees for storage and service.

Boil pasta according to package instructions.

Combine meat sauce with pasta just prior to service. 25 servings per hotel pan.

Meat	2.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 1.00 Cup

Amount Pe	Amount Per Serving				
Calories		467.49			
Fat		16.13g			
SaturatedF	at	4.78g			
Trans Fat		2.39g			
Cholesterol		0.00mg			
Sodium		568.72mg			
Carbohydrates		60.89g			
Fiber		11.18g			
Sugar		10.35g			
Protein		20.69g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	51.84mg	Iron	2.40mg		

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

### Nutrition - Per 100g

# **Chicken Salad**



Servings:	50.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK 24 SZ 6CT MRKN	21 Ounce		170895
ONION RED JUMBO 10 MRKN	12 Ounce		596973
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce		517186
SPICE PEPR BLK COARSE GRND 16Z TRDE	2 Teaspoon		518322
SPICE MUSTARD DRY 1 COLMANS	4 1/2 Tablespoon		400018
DRESSING SALAD 4-1GAL GFS	3 1/4 Cup		107042
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound		570533

### **Preparation Instructions**

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt  $\frac{1}{2}$  cup) into each shallow pan (12" x 20" x 2  $\frac{1}{2}$ ") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. CCP: Cool to 41° F or lower within 4 hours.

Cover. Refrigerate until service.

3. Portion with No. 6 scoop.

Note: 2/3 cup (No. 6 scoop) provides 2.25 oz equivalent meat/meat alternate.

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.67 Cup

Amount Per Serving				
Calories		158.63		
Fat		8.83g		
SaturatedF	at	1.88g		
Trans Fat		0.08g		
Cholestero	l	46.45mg		
Sodium		308.96mg		
Carbohydra	ates	5.53g		
Fiber		0.36g		
Sugar		2.73g		
Protein		12.78g		
Vitamin A	76.54IU	Vitamin C	0.97mg	
Calcium	10.51mg	Iron	0.51mg	

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### Nutrition - Per 100g

# **Broccoli Salad**



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35123

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4- 1GAL GFS	1 1/2 Quart	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or use as a custom base to your own signature sauce.	107042
SUGAR BEET GRANUL 50 GCHC	1 Quart		224413
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
1 % White Milk	1 1/3 Cup		
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 5/9 Gallon		732451
ONION RED DCD 1/4 2- 5 RSS	12 Ounce		429201
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 1/7 Gallon		636402

# **Preparation Instructions**

#### Directions:

Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.

Combine broccoli, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.

Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.

Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable and 1/8 cup fruit.

#### Meal Components (SLE)

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving				
Calories		103.82		
Fat		5.10g		
SaturatedF	at	0.84g		
Trans Fat		0.08g		
Cholestero	l	7.88mg		
Sodium		140.28mg		
Carbohydra	ates	13.83g		
Fiber		1.39g		
Sugar		10.32g		
Protein		1.68g		
Vitamin A	332.92IU	Vitamin C	46.27mg	
Calcium	26.83mg	Iron	0.41mg	

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

#### Nutrition - Per 100g

# **Tuna Salad**



Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35125

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT IN WTR 6-66.5Z GCHC	13 Pound		852103
ONION RED DCD 1/4 2- 5 RSS	5 Cup		429201
CELERY STIX 96-3Z P/L	8 Cup		754341
RELISH SWT PKT 500- 9GM HNZ	2 Cup		449024
SPICE MUSTARD DRY 1 COLMANS	1 Tablespoon		400018

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 25 GCHC	16 Each		711160
DRESSING SALAD 4- 1GAL GFS	2 3/4 Quart	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or use as a custom base to your own signature sauce.	107042

### **Preparation Instructions**

Directions:

Drain and flake tuna.

Combine tuna, onions, celery, pickle relish, dry mustard, eggs (Chopped), and salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.

If making a sandwich: Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Meal	Components (SLE	<b>E)</b>
Amoun	t Per Servina	

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Servings Pe Serving Size	r Recipe: 10	0.00	
Amount Pe	r Serving		
Calories		140.44	
Fat		9.77g	
SaturatedFa	at	1.65g	
Trans Fat		0.14g	
Cholestero	l	56.68mg	
<b>Sodium</b> 341.45mg			
Carbohydra	ates	4.87g	
Fiber		0.37g	
Sugar		2.53g	
Protein		8.08g	
Vitamin A	18.09IU	Vitamin C	0.02mg
Calcium	14.98mg	Iron	0.59mg
* • • •	· · · ·		

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

#### Nutrition - Per 100g

# **Baked Potato Bar**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35128

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD 100CT P/L	1 Each	Can sub Diced Potatoes if needed (GFS#178522)	246859
BACON BIT REAL FAST N EASY 4-5 HRML	1 Tablespoon		437735
CHEESE AMER SHRD R/F 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950
SOUR CREAM 4-5 GCHC	2 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	2 Ounce		313262
SEASONING CHIX MONTREAL 23Z	1 Ounce		392792
BROCCOLI FZ 30 COMM	1/2 Cup		549292

# **Preparation Instructions**

Bake potatoes on baking sheet in oven at 350 degrees for 1 hour or until fork tender and 155 degrees (CCP), keep warm for service over 140 degrees.

Heat chicken in tilt skillet with seasonings until temperature of 165 degrees is obtained, keep warm for service over 140 degrees (CCP)

Steam broccoli as per package directions to reach temperature over 150 degrees, keep warm for service over 140 degrees (CCP)

Place sour cream, bacon bits, shredded cheese, and margarine in cold wells for service, keep at 45 degrees or below. (CCP)

Chicken, potatoes and broccoli placed in hot well for service, maintain temperatures above 140 degrees during service.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	2.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each **Amount Per Serving** Calories 511.07 Fat 16.30g **SaturatedFat** 8.03g Trans Fat 0.00g **Cholesterol** 90.33mg Sodium 782.93mg Carbohydrates 57.00g Fiber 7.80g Sugar 4.00g Protein 36.67g Vitamin A 22.72IU Vitamin C 21.76mg Calcium 280.55mg Iron 3.01mg

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

#### Nutrition - Per 100g

# **Fish Sandwich**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35130

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD PRTN 10GRAIN 4Z 10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED, COOK FROM FROZEN. CONVENTIONAL OVEN: PREHEAT TO 425°F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 24 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVECTION OVEN: PREHEAT TO 400° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 11 TO 13 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	846911
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

# **Preparation Instructions**

Pan up fish.

Bake at 400 degrees for 12-15 minutes. Ensure temperature of 165 degrees (CCP)

Use warmer to keep fish warm while making sandwiches, at 140 degrees or above (CCP)

Use one piece of fish and 1 hamburger bun per serving.

Tartar sauce available as condiment.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

	. 1.00 Euon		
Amount Pe	r Serving		
Calories		380.00	
Fat		12.50g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	l	40.00mg	
Sodium		600.00mg	
Carbohydra	ates	46.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	3.00mg

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

### Nutrition - Per 100g

# Soft Taco Supreme



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35131

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup		722330
CHEESE AMER SHRD R/F 4-5 LOL	3 Tablespoon	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup	.25 Other vegetable	242489
SAUCE TACO MILD PKT 200-9GM GCHC	1 Each		192007
SOUR CREAM PKT 100-1Z GCHC	1 Each		745903

## **Preparation Instructions**

Warm meat to 165 degrees and keep warm at 140 or above for service (CCP) Cold items on cold bar for service (cheese, lettuce, sour cream), keep at 40 degrees or below (CCP) Tortillas room temp for service, add meat, cheese and lettuce. Sour cream and taco sauce upon request.

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Corving Cize			
Amount Pe	r Serving		
Calories		435.21	
Fat		19.43g	
SaturatedF	at	10.65g	
Trans Fat		0.37g	
Cholestero	1	74.15mg	
Sodium		955.12mg	
Carbohydra	ates	40.81g	
Fiber		8.02g	
Sugar		6.77g	
Protein		27.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	289.59mg	Iron	4.50mg

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

### Nutrition - Per 100g

# **Sloppy Joe**



Servings:	1.00	.00 Category: Entree	
Serving Size:	1.00 Serving	Serving HACCP Process: Same Day Service	
Meal Type:	Lunch Recipe ID: R-35137		R-35137
School:	Secondary Campus		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6- 5 COMM	3 5/8 Ounce	132-3.63Z SERVINGS PER CASE. Place bags on pan to defrost 2 days before serve.	564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Remove from freezer day before. Place amount needed for day in plastic container to be ready for service	517810

## **Preparation Instructions**

Directions:

Place bags in boiling water until internal temperature of 165 degrees is reached (CCP)

Pour ground beef mixture into full size hotel pan For 50 servings.

Portion is 1 sandwich.

Use 4 oz ladle for each sandwich (2M/MA)

Notes:

1: \* See Marketing Guide

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

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

eering eize	. 1.00 00171	.9	
Amount Pe	r Serving		
Calories		285.10	
Fat		7.30g	
SaturatedF	at	2.20g	
Trans Fat		0.00g	
Cholestero		44.00mg	
Sodium		848.80mg	
Carbohydra	ates	35.00g	
Fiber		3.80g	
Sugar		12.00g	
Protein		19.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.80mg

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

### Nutrition - Per 100g

# **Cole Slaw**



Servings:	270.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35139

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	20 Pound		293148
DRESSING COLE SLAW 4-1GAL GCHC	1 Gallon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Customize this dressing by adding more herbs and spices for a savory taste. Mix with shredded cabbage to create a new signature coleslaw side.	106992

## **Preparation Instructions**

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

\*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

\*\*Allergens: Egg

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

#### **Nutrition Facts**

Servings Per Recipe: 270.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		62.79	
Fat		3.66g	
SaturatedF	at	0.61g	
Trans Fat		0.00g	
Cholestero		4.07mg	
Sodium		105.58mg	
Carbohydra	ates	7.27g	
Fiber		0.79g	
Sugar		6.07g	
Protein		0.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.04mg	Iron	0.00mg

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

### Nutrition - Per 100g

# **Caesar Salad**



Servings:	20.00	Category:	Vegetable
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35141

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound		735787
CHEESE PARM GRTD 12-1 PG	2 1/2 Cup		164259
DRESSING CAESAR CRMY 6-32Z KENS	30 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	783120
Whole Grain Garlic Butter Croutons	20 Package		111212

## **Preparation Instructions**

Mix lettuce, cheese and dressing together right before service. Serve package of croutons on the side.

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

### **Nutrition Facts**

Servings Per Recipe: 20.00 Serving Size: 1.50 Cup

	5. 1.00 Oup		
Amount Pe	er Serving		
Calories		300.00	
Fat		21.50g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	22.50mg	
Sodium		695.00mg	
Carbohydra	ates	20.00g	
Fiber		3.00g	
Sugar		4.50g	
Protein		7.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	138.00mg	Iron	0.72mg

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

### Nutrition - Per 100g

# **BBQ Pulled Chicken Sandwich**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35144

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
SAUCE BBQ 4-1GAL GCHC	1 Tablespoon	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
Water	2 Tablespoon	READY_TO_DRINK	Water
CHIX PULLED WHT & DRK BLND 2-5 TYS	4 Ounce		467802

### **Preparation Instructions**

Mix Chicken with BBQ Sauce and Water, heat in skillet to 165 degrees (CCP). Hold at 140 degrees or above until service. (CCP)

Keep warm at 140 degrees or higher for storage and service.

Put 4 oz chicken on Bun and Serve.

Meat	2.667
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

eering eize		.9	
Amount Pe	r Serving		
Calories		289.05	
Fat		7.72g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero		86.67mg	
Sodium		517.35mg	
Carbohydra	ates	27.33g	
Fiber		3.15g	
Sugar		7.00g	
Protein		25.48g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.33mg

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

### Nutrition - Per 100g

# **Beef Nachos**



Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35147

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5# JTM	3 Gallon		210780
CHIP TORTL RND YEL 5-1.5 KE	7 1/2 Pound		163020
SAUCE CHS CHED 6-5 JTM	2 Gallon		271081

## **Preparation Instructions**

Heat taco meat according to manufacturer directions. CCP: Heat to 155\*F or higher for 15 seconds.

CCP: Hold at hot holding for140\*F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165\*F or higher for 15 seconds

CCP: Hold at 140\*F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce. Other condiments available: Guacamole, salsa, lettuce, jalapenos, sour cream.

5	
Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Each

ee			
Amount Pe	r Serving		
Calories		373.06	
Fat		22.15g	
SaturatedF	at	7.03g	
Trans Fat		0.00g	
Cholestero		39.27mg	
Sodium		810.62mg	
Carbohydra	ates	31.19g	
Fiber		4.56g	
Sugar		2.07g	
Protein		19.02g	
Vitamin A	768.37IU	Vitamin C	6.19mg
Calcium	91.33mg	Iron	3.31mg

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

### Nutrition - Per 100g

# **Grilled Chicken Sandwich**



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35151

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	200 Each	ready to eat, no baking necessary	517810
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	200 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly.	152121

### **Preparation Instructions**

Bake Chicken to 165 degrees (CCP); hold at 140 degrees or above until service.

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken and place top of bun on top of chicken.

Condiments- choice of one

- 1 ketchup packet
- 1 mustard packet
- 1 mayo packet
- 1 BBQ sauce cup

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

### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 1.00 Serving

		0	
Amount Per Serving			
Calories		260.00	
Fat		4.00g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		500.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

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### Nutrition - Per 100g

## **Spanish Rice**



Servings:	35.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35155
School:	Secondary Campus		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	36 Ounce	1 Box	834850
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup		191205
Tap Water for Recipes	11 Cup	Boiling	000001WTR

## **Preparation Instructions**

Conventional Oven:

1. Preheat oven to 350 degrees

2. Combine 11 cups of boiling water, 1/2 cup of butter or margarine, rice, and contents of seasoning pouch in a full

size steam table pan. Stir well.

3. Cover and bake for approximately 35 minutes or until most of the liquid is absorbed. Stir well. Keep warm over 140 degrees (CCP).

Stove Top:

1. Combine 11 cups of water and 1/2 cup of butter or margarine in a stockpot. Bring to a boil.

2. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for

approximately 20-25 minutes or until most of the liquid has been absorbed, stirring occasionally.

3. Stir well and transfer to a serving pan. Keep warm as above. Fluff with fork before serving.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Nutritio						
Servings Per Recipe: 35.00						
Serving Size	Serving Size: 0.50 Cup					
Amount Pe	r Serving					
Calories		126.20				
Fat		2.77g				
SaturatedF	at	1.60g				
Trans Fat		0.00g				
Cholesterol		6.86mg				
Sodium		284.08mg				
Carbohydra	ates	22.73g				
Fiber		0.52g				
Sugar		1.55g				
Protein		2.58g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	19.63mg	Iron	1.03mg			

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#### Nutrition - Per 100g

## **Cheesy Potatoes**



Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-35221

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	7 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	8 Pound	UNPREPARED	100012
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	4 Pound	READY_TO_EAT Ready to use.	840860
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	45 Pound	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVENBake potatoes at 375°F for 12-17 minutes in a single layer on a greased sheet pan. FLAT TOP GRILLHeat ¼ cup oil. Cook a single layer of potatoes for 15-18 minutes at 375°F, turning as needed.	850675

## **Preparation Instructions**

Bake potatoes as directed, let cool a bit, then

Mix:

Diced Redskins

sour cream

shredded cheddar cheese

melted margarine

Carefully stir all together -then put in a Half pan, COVER and bake @ 375 degrees for 45 minutes. Stir gently and continue baking until 165 degrees (CCP).

USE 3 OVENS- 3 PANS PER OVEN.

Keep warm above 140 degrees (CCP) for service

#### Meal Components (SLE)

Amount Per Serving	
Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

#### **Nutrition Facts** Servings Per Recipe: 200.00 Serving Size: 0.50 Cup **Amount Per Serving** Calories 168.04 Fat 13.44g **SaturatedFat** 7.23g **Trans Fat** 0.00g Cholesterol 23.05mg Sodium 96.04mg Carbohydrates 5.19g Fiber 0.39g Sugar 1.22g **Protein** 5.58g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 28.33mg Iron 0.10mg

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#### Nutrition - Per 100g

## Gyro w/Lettuce, Onion, Tomato



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-35224

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING RED 1/4 2- 5 RSS	1 Ounce		429198
GYRO BEEF/LAMB CKD SLCD 2-5 OLYMP	3 Ounce	PREPARED Product can be thawed or cooked from frozen. Place desired amount of gyros slices on a flattop grill, griddle, convection oven, steam table, microwave, etc. Heat to desired temperature. Be careful not to overcook as slices are already fully cooked.	199963
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce		786543

## Preparation Instructions

Sanitize work area

Wash hands and put on gloves

Lay out the flat breads on your work area (follow thawing instructions above) Warm gyro meat as instructed, to 165 degrees, and hold at 140 degrees for service (CCP) For service: Use one flatbread, and top with meat, lettuce, tomato and onions Tzaiki sauce for condiment.

#### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.330
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each					
Amount Per Serving					
Calories	476.35				
Fat	27.00g				
SaturatedFat	6.00g				
Trans Fat	0.75g				
Cholesterol	48.75mg				
Sodium	961.25mg				
Carbohydrates	35.98g				
Fiber	7.15g				
Sugar	2.98g				
Protein	21.87g				
Vitamin A 0.00IU	Vitamin C	0.00mg			
Calcium 136.17mg	Iron	4.36mg			

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#### Nutrition - Per 100g

## **Garlic Breadstick**



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35266

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	1 stick= 1 G	406321
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
SEASONING GARLIC BREAD 20Z TRDE	1/4 Teaspoon		655279

### **Preparation Instructions**

- 1. Arrange frozen breadsticks on large sheet pan, lining or spraying sheet as necessary.
- 2. Spray each breadstick with ButterBuds Spray.
- 3. Immediately sprinkle 1/4 tsp garlic seasoning on each breadstick.
- 4. Bake according to manufacturer's instructions, or until soft and warm.
- \*\*Allergens: Milk, Wheat, Soy

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		80.00		
Fat		1.50g		
SaturatedF	at	0.50g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		195.00mg		
Carbohydra	ates	14.00g		
Fiber		1.00g		
Sugar		2.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	26.00mg	Iron	1.00mg	

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### Nutrition - Per 100g

## **Chicken Soft Taco**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35336
School:	Secondary Campus		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SHRD 3/8 CUT 4-5 RSS	2 Ounce		678791
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
TORTILLA FLOUR ULTRGR 10 8-24CT	1 Each		651003
SEASONING TACO MIX 2-5 GRSZ	1 Teaspoon		427446

### **Preparation Instructions**

Combine: diced chicken and Taco Seasoning; may need a bit of water depending on meat moisture. Cook in steam kettle till 165 degrees is reached. Keep warm at 140 degrees for storage and service.

For Service:

Layer on each tortilla:

3 oz chicken mixture (1/2 c.)

1 oz shredded cheese

2 oz shredded lettuce

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		422.07		
Fat		19.00g		
SaturatedF	at	10.50g		
Trans Fat		0.00g		
Cholestero		85.00mg		
Sodium		671.53mg		
Carbohydra	ates	32.81g		
Fiber		4.24g		
Sugar		2.24g		
Protein		29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	48.73mg	Iron	2.60mg	

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### Nutrition - Per 100g

## **Swedish Meatballs & Noodles**



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35338
School:	Secondary Campus		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BF CKD .5Z 4-5 GCHC	300 Each	NSLP: 6 meatballs = 2 oz Meat Heat through to 165 degrees (CCP)	869929
GRAVY MIX BEEF 12-15Z GCHC	75 Ounce	Mix according to package instructions.	822861
PASTA NOODL EGG 1/2 XTRA WD 2-5	50 Ounce	Serving size for recipe is 1/2 cup. Served with an 4 oz spoodle.	292346
SOUR CREAM 4-5 GCHC	1 Quart	READY_TO_EAT Served as a topping on a hot or cold meal	285218
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Tablespoon		651171

### **Preparation Instructions**

Cook all ingredients according to package directions.

Put Egg Noodles roughly 25 servings of egg noodles in 2" pan sprayed with Butter mist.

Mix heated Meatballs and heated Gravy together in a pan; slowly add sour cream until creamy. CCP (Keep at 140 degrees or warmer for max of 4 hours)

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		455.89	
Fat		25.20g	
SaturatedFa	at	10.49g	
Trans Fat		1.00g	
Cholestero		75.30mg	
Sodium		1221.99mg	
Carbohydra	ites	36.78g	
Fiber		3.00g	
Sugar		3.28g	
Protein		18.64g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.99mg	Iron	2.39mg

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

#### Nutrition - Per 100g

## **Chicken Teriyaki**



Servings:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35341
School:	Secondary Campus		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE TERIYAKI 4-1GAL KIKK	32 Ounce		246506

### **Preparation Instructions**

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 165 degrees minimum. Pour all of the chicken into a 6 steam table pan. Add teriyaki sauce. Mix thoroughly.

CCP: Keep warm for service at least 140 degrees.

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

#### **Nutrition Facts**

Servings Per Recipe: 42.00 Serving Size: 0.50 Cup

Amount Pe	r Serving			
Calories		299.86		
Fat		16.30g		
SaturatedF	at	3.14g		
Trans Fat		0.00g		
Cholestero		25.08mg		
Sodium		903.68mg		
Carbohydra	ates	19.08g		
Fiber		3.76g		
Sugar		2.78g		
Protein		18.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	41.38mg	Iron	2.51mg	

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### Nutrition - Per 100g

## **Polish Sausage on Bun**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35342
School:	Secondary Campus		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE POLISH CKD 8/ 2-5 GFS	1 Each	HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F	225347
BUN HOT DOG WHLWHE 12- 12CT ANTMILL	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	564053

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		300.00	
Fat		17.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		645.00mg	
Carbohydra	ates	26.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.06mg
Calcium	28.49mg	Iron	2.59mg

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### Nutrition - Per 100g

## **Italian Sausage on Bun**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35345
School:	Secondary Campus		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	564053
SAUSAGE ITAL LNK CKD 5/ 2-5 GFS	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	113140

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Oct viling Oize	. 1.00 Lach		
Amount Pe	r Serving		
Calories		400.00	
Fat		26.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	I	60.00mg	
Sodium		895.00mg	
Carbohydra	ates	27.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.67mg	Iron	3.00mg

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### Nutrition - Per 100g

## **Turkey Croissant**

# NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35421

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TOMATO 5X6 XL 5 MRKN	2 Ounce		438197
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
CROISSANT BUTTER SLCD 3Z 6-8CT SIENNA	1 Each	READY_TO_EAT Thaw and Serve	504851

### **Preparation Instructions**

Place all items onto croissant

Wrap in plastic wrap or container provided.

Keep at 40 degrees or below for service and storage.

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.275
OtherVeg	0.125
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size. 1.00 Lacit					
Amount Pe	er Serving				
Calories		454.17			
Fat		20.14g			
SaturatedF	at	12.04g			
Trans Fat		0.50g			
Cholestero	l	91.38mg			
Sodium		939.24mg			
Carbohydra	ates	38.43g			
Fiber		1.86g			
Sugar		6.63g			
Protein		30.06g			
Vitamin A	412.34IU	Vitamin C	6.78mg		
Calcium	206.45mg	Iron	2.13mg		

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### Nutrition - Per 100g