## **Cookbook for OHS**

**Created by HPS Menu Planner** 

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Popcorn Chicken Bowl
HUMMUS & PRETZELS
Turkey Italian Combo Sandwich
<b>Turkey and Cheese Lunch Pack</b>
Yogurt and Fruit Parfait Pandemic
Pepperoni Pizza Lunch Pack
Nachos and Cheese Lunch pack
Meatballs w/ Marinara
Garlic Twist Breadstic
Mini Corn Dogs
Fiestada
Turkey Ham n Cheese Pocket
Taco Bowl w/ Doritos
Popcorn Chicken w/ Pretzel
<b>Boneless Wings</b>
Cheese Calzone
Pepperoni Calzone
Taco Stick
Taco Stick
"Fried " Chicken Drums w/ Cornbread
Mashed Potatoes
Carrots and Celery Sticks

Taco Bites

Black Beans

Small soft Pretzel

Chicken n Waffles

BBQ Chicken breast on Bun

**Meatballs with Gravy** 

Chili w/ Tostitos

## **Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16441
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## **Preparation Instructions**

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap. Hold at 135 degrees F or greater until service.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		380.00	
Fat		15.50g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		620.00mg	
Carbohydra	ates	41.00g	
Fiber		6.00g	
Sugar		5.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.90mg

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

## **Nutrition - Per 100g**

## **Green Beans**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16442
School:	MHS		

## Ingredients

**Prep Instructions Description** Measurement DistPart #

**WASH HANDS** 

Place green beans in vented 4" steamtable pan and put in **Green Beans frozen** 3/4 Cup

preheated steam unit.

Heat until temperature reaches 140 ° or higher and hold in

warmer for hot service for no longer than 4 hours

## **Preparation Instructions**

No Preparation Instructions available.

Meal	C	om	pon	ents	(SLE)
_	_	_	_		

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		28.50	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.50mg	
Carbohydra	ites	6.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

100351

#### **Nutrition - Per 100g**

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

## **Lettuce and Tomato**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16443
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Piece		877510
TOMATO SLCD 1/4 5 RSS	1 Slice		786535

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

**OtherVeg** 

Legumes Starch

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<u> </u>	ooo = a.o		
Amount Pe	er Serving		
Calories		9.05	
Fat		0.05g	
SaturatedF	at	0.01g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		11.13mg	
Carbohydr	ates	1.88g	
Fiber		0.28g	
Sugar		0.63g	
Protein		0.20g	
Vitamin A	2687.43IU	Vitamin C	18.08mg
Calcium	22.25mg	Iron	0.42mg

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

### **Nutrition - Per 100g**

## **Assorted Fruit**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16444
School:	MHS		

## Ingredients

Starch

Description Measurement Prep Instructions DistPart #

## **Preparation Instructions**

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	J. 10 (011)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Per	r Serving			
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g	_	
Trans Fat		0.00g	0.00g	
Cholesterol		0.00mg		
Sodium		0.00mg	0.00mg	
Carbohydrates		0.00g	0.00g	
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

### **Nutrition - Per 100g**

**Nutrition Facts** 

## Apple, Red

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16445

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 1-138CT MRKN	1 Piece		256662

## **Preparation Instructions**

Wash thoroughly in running water before serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	ıt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydra	tes	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

### **Nutrition - Per 100g**

## **Orange**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16446
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 113CT 1 Each 198013

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
rain	0.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

COLUMN CIE	Cerving Cize: 1:00 Eden			
Amount Pe	r Serving			
Calories		40.45		
Fat		0.10g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		0.85mg		
Carbohydra	ates	10.50g		
Fiber		1.80g		
Sugar		7.00g		
Protein		0.75g		
Vitamin A	203.78IU	Vitamin C	48.76mg	
Calcium	35.48mg	Iron	0.11mg	

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

### **Nutrition - Per 100g**

### Pear

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16447
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

PEAR 40 1 Each 762560

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Each

Amount Per	r Serving		
Calories		47.05	
Fat		0.10g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.85mg	
Carbohydra	ites	12.50g	
Fiber		2.55g	
Sugar		8.00g	
Protein		0.30g	
Vitamin A	20.63IU	Vitamin C	3.55mg
Calcium	7.43mg	Iron	0.15mg

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

### **Nutrition - Per 100g**

### Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16449
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT 40 P/L
 1 Each
 197769

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		105.00	
Fat		0.40g	
SaturatedF	at	0.10g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		1.20mg	
Carbohydra	ates	27.00g	
Fiber		3.10g	
Sugar		14.00g	
Protein		1.30g	
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg
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<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Raisins**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16450
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 RAISIN SELECT 1.5Z BOXES 24-6CT P/L
 1 Each
 READY\_TO\_EAT
 544426

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Brain	0.000
ruit	0.500
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		504.00	
Fat		1.20g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		31.20mg	
Carbohydra	ates	124.00g	
Fiber		9.20g	
Sugar		116.00g	
Protein		4.80g	
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

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

### **Nutrition - Per 100g**

## **Dried Cranberries**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16451
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Each		765981

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Brain	0.000
ruit	0.500
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		110.00	
Fat		0.00g	
SaturatedFa	t	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrat	es	28.00g	
Fiber		3.00g	
Sugar		24.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## **Applesauce Cup, Plain**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16452
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

APPLESAUCE UNSWT 96-

4.5Z COMM

1 Each
Applesauce can be consumed right from the single-

serve container, chilled or at room temperature.

ure.

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes

Starch

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		15.00mg	
Carbohydra	ites	14.00g	
Fiber		1.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Applesauce cup, cinnamon

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16453
School:	MHS		

## Ingredients

**Prep Instructions Description** Measurement DistPart #

**APPLESAUCE CINNAMON 96-4.5Z** 

READY\_TO\_EAT 1 Each 645060 **COMM** Chill for 2 hours prior to serving.

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

60.00 0.00g	
0.00g	
0.00g	
0.00g	
0.00mg	
0.00mg	
17.00g	
1.00g	
15.00g	
0.00g	
IU Vitamin C	0.00mg
mg <b>Iron</b>	0.00mg
	0.00g 0.00g 0.00mg 0.00mg 17.00g 1.00g 15.00g 0.00g Vitamin C

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

### **Nutrition - Per 100g**

## Applesauce cup, Strawerry Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16454
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 APPLESAUCE STRAWB BAN CUP 96-4.5Z
 1 Each
 726560

## **Preparation Instructions**

No Preparation Instructions available.

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

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per</b>	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	17.00g	
Fiber		1.00g	
Sugar		14.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Applesauce Cup, Blue Raspberry**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16455
School:	MHS		

## Ingredients

**Description** Measurement **Prep Instructions** DistPart # **APPLESAUCE BLUE RASPB 96-4.5Z** 1 Each 136711

**COMM** 

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<u> </u>	= = = = = = =	-	
<b>Amount Pe</b>	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	17.00g	
Fiber		1.00g	
Sugar		14.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## **Applesauce Cup, Watermelon**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16456
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

APPLESAUCE WILD WTRMLN 96-4.5Z COMM

1 Each

136701

## **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<u> </u>	= = = = = = =	•	
<b>Amount Pe</b>	r Serving		
Calories		60.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		15.00mg	
Carbohydra	ites	17.00g	
Fiber		1.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

## **Nutrition - Per 100g**

## **Applesauce Cup, Cherry**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16458
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

APPLESAUCE CHERRY CUP 96-4.5Z ZZ 1 Each 726570

## **Preparation Instructions**

No Preparation Instructions available.

Meal Compon	ents (SLE)
Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		15.00mg	
Carbohydra	ates	20.00g	
Fiber		1.00g	
Sugar		17.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Strawberries, cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16459
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Frain	0.000
ruit	0.500
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		90.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	22.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
Sodium Carbohydra Fiber Sugar Protein Vitamin A	0.00IU	0.00mg 22.00g 2.00g 18.00g 1.00g Vitamin C	

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

### **Nutrition - Per 100g**

## Peaches, cup, frozen

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16460
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP 96-4.4Z COMM	1 Each		232470

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	19.00g	
Fiber		1.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Peach cup, shelf stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-16461
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 PEACH DCD CUP 72-4.5Z ZEE ZEE
 1 Each
 136741

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per Serving</b>		
Calories	70.00	
Fat	0.00g	
SaturatedFat	0.00g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	10.00mg	
Carbohydrates	18.00g	
Fiber	1.00g	
Sugar	16.00g	
Protein	1.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 7.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Pear cup, Shelf Stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16462
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

PEAR DCD CUP 72-4.5Z ZEE ZEES 1 Each 136752

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.00mg	
Carbohydra	ates	19.00g	
Fiber		1.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Mixed Fruit Cup, Shelf Stable

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16463
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG
 4 Ounce
 731041

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Frain	0.000
ruit	0.500
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		320.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	76.00g	
Fiber		4.00g	
Sugar		64.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Milk, 1%

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16465
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1% 50-8FLZ DPUR	1 Each		408762

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		118.10		
Fat		2.90g		
SaturatedF	at	1.80g		
Trans Fat		0.00g		
Cholestero	I	10.00mg		
Sodium		142.70mg		
Carbohydra	ates	14.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		9.70g		
Vitamin A	499.38IU	Vitamin C	2.95mg	
Calcium	349.32mg	Iron	0.15mg	

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

### **Nutrition - Per 100g**

## Milk, 1% Chocolate

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16466
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

.5 pint 1% chocolate milk 1 Cup

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

r Servina		
	110.00	
	0.00g	
at	0.00g	
	0.00g	
I	5.00mg	
	180.00mg	
ates	20.00g	
	0.00g	
	18.00g	
	8.00g	
10.00IU	Vitamin C	2.00mg
30.00mg	Iron	0.00mg
	ates 10.00IU	110.00 0.00g at 0.00g 0.00g 1 5.00mg 180.00mg 20.00g 0.00g 18.00g 18.00g 8.00g 10.00IU Vitamin C

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

### **Nutrition - Per 100g**

## Mllk, Strawberry, Fat Free

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-16467
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 Milk Strawberry Fat Free
 1 Cup
 17025

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> eat	0.000
rain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		120.00		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		120.00mg		
Carbohydra	ates	22.00g		
Fiber		0.00g		
Sugar		22.00g		
Protein		8.00g		
Vitamin A	10.00IU	Vitamin C	2.00mg	
Calcium	30.00mg	Iron	0.00mg	

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

### **Nutrition - Per 100g**

## **Walking Taco**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16468
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Each	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.	456090
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261

## **Preparation Instructions**

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side and serve.

# Meal Components (SLE) Amount Per Serving

Meat	3.613
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 Each

Amount Pe	r Serving		
Calories		393.10	
Fat		20.30g	
SaturatedF	at	9.55g	
Trans Fat		0.29g	
Cholestero		64.00mg	
Sodium		1095.70mg	
Carbohydra	ates	29.50g	
Fiber		4.00g	
Sugar		3.00g	
Protein		22.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	403.50mg	Iron	2.28mg

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

### **Nutrition - Per 100g**

## Beans, Refried

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16477
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

RECONSTITUTE
1: Pour 1
2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
2: Quickly pour full pouch of beans into water and cover. 3:
Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

## **Preparation Instructions**

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water

and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

Serving Size: #8 Scoop

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

Nutrition	n Facts r Recipe: 1.00	1	
_	e: 1.00 Each	,	
Amount Pe	r Serving		
Calories		453.60	
Fat		4.86g	
SaturatedF	at	1.62g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		1782.01mg	
Carbohydrates		74.52g	
Fiber		29.16g	
Sugar		0.00g	
Protein		29.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.00mg	Iron	6.80mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

## **Nutrition - Per 100g**

# Salsa, Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16479

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 SALSA CUP 84-3Z REDG
 1 Each
 READY\_TO\_EAT None
 677802

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving					
Calories		29.30			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		190.50mg			
Carbohydrates		0.00g			
Fiber		0.00g			
Sugar		3.00g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

#### **Macaroni and Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16480

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	6 Ounce	BAKE	527582

#### **Preparation Instructions**

STURDY PLASTIC POUCHES CAN BE PREPARED IN STEAMER OR BOILING WATER. HEATING TIMES MAY VARY WITH TYPE OF EQUIPMENT USED AND NUMBER OF POUCHES HEATED. TEST INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. STEAMER: PLACE THAWED POUCH ON PERFORATED STEAM TABLE PAN AND HEAT FOR 35 MINUTES. BOILING WATER: PLACE UNOPENED POUCHES IN BOILING WATER FOR 40 MINUTES. POUCH SHOULD FLOAT FREELY IN WATER AND SHOULD BE ROTATED DURING THE HEATING PROCESS. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F. WHEN POSSIBLE, KEEP PRODUCT IN HEATED POUCHES UNTIL SERVINGS. IF PRE-PANNED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS. USE CAUTION WHEN OPENING POUCHES SINCE PRODUCT IS VERY HOT.

Serving Size: 2-#12 Scoops

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

•	Facts Recipe: 1.00: 1.00 Serving		
<b>Amount Per</b>	· Serving		
Calories		2460.00	
Fat		96.00g	
SaturatedFa	nt	48.00g	
Trans Fat		0.00g	
Cholesterol		240.00mg	
Sodium		6000.00mg	
Carbohydra	tes	258.00g	
Fiber		12.00g	
Sugar		54.00g	
Protein		150.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3630.00mg	Iron	6.36mg
	f TransFat is for i		y, and is

#### **Broccoli**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16481
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292

#### **Preparation Instructions**

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

Meal	Co	mp	onents	(SLE)
_	_	_		

Amount Per Serving				
0.000				
0.000				
0.000				
0.750				
0.000				
0.000				
0.000				
0.000				

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per			
Calories		39.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		33.00mg	
Carbohydrates		7.50g	
Fiber		4.50g	
Sugar		1.50g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Chicken Nuggets**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16482
School:	MHS		

#### Ingredients

**Prep Instructions** DistPart # **Description** Measurement Appliances vary, adjust accordingly.Conventional **CHIX BRST NUG BRD** Oven8 - 10 minutes at 400°F from frozen. 5 Each 558040 **WGRAIN .66Z 4-7 CONVECTION** Appliances vary, adjust accordingly. Convection Oven6 - 8 minutes at 375°F from frozen.

#### **Preparation Instructions**

Bake at 375 degrees F in single layer 6-8 min (ovens vary) until internal temperature reaches 165 degrees F or greater.

Serving size: 5 pieces of chicken

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving			
Amount Pe	r Serving		
Calories		240.00	
Fat		14.00g	
SaturatedFat 2.50g			
Trans Fat 0.00g			
Cholesterol 20.00mg			
Sodium 470.00mg			
Carbohydrates 16.00g			
Fiber		3.00g	
Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### Soft Pretzel Rod

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16483
School:	MHS		

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 PRETZEL ROD SFT WHEAT 180-1Z J&J
 1 Each
 607940

#### **Preparation Instructions**

LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES\* AT 350 400 DEGREES F.MICROWAVE: 20 30 SECONDS\* ON HIGH

Serving Size: 1 each

Meal Compone Amount Per Serving	ents (SLE)
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 Serving

Amount Per Serving					
Calories		70.00			
Fat		0.50g			
SaturatedFa	t	0.00g			
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg			
Sodium		275.00mg	275.00mg		
Carbohydrates		14.50g			
Fiber		1.50g			
Sugar		0.50g			
Protein		2.50g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	5.00mg	Iron	0.95mg		

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

#### **Nutrition - Per 100g**

# Corn, frozen

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16486
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	1 Serving		120490

## **Preparation Instructions**

No Preparation Instructions available.

/leat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.750

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.75 Cup

Amount Per Serving				
Calories		100.50		
Fat		1.50g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		1.50mg		
Carbohydrates		24.00g		
Fiber		3.00g		
Sugar		4.50g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# Romaine Side Salad (Elem)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16487
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
TOMATO LARGE 1/10 LB CS	1/2 Cup	DICE	03413
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.472	
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		101.11	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		170.00mg	
Carbohydra	ates	17.67g	
Fiber		1.89g	
Sugar		3.33g	
Protein		3.22g	
Vitamin A	4755.56IU	Vitamin C	1.73mg
Calcium	34.33mg	Iron	1.44mg

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

# Corn Dog, Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16491
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

#### **Preparation Instructions**

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

**Nutrition Facts** 

Serving Size: 1 ea

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

Servings Pe	r Recipe: 1.00	)	
•	e: 1.00 Each	,	
Amount Pe	r Serving		
Calories		240.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat 0.00g			
Cholesterol 40.00mg			
<b>Sodium</b> 470.00mg			
Carbohydrates 30.00g			
Fiber		2.00g	
Sugar 8.00g			
Protein 9.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

## **Baked Beans**

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16543
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	3/4 Cup		570710

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
egumes	0.750
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 3.00 Cup

Amount Pe	r Serving		
Calories		225.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		825.00mg	
Carbohydra	ates	45.00g	
Fiber		7.50g	
Sugar		18.00g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	2.85mg

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

#### **Nutrition - Per 100g**

# **Popcorn Chicken**

Servings:	1.00	Category:	Entree
Serving Size:	11.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16544
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 CHIX POPCORN BRD WGRAIN FC .28Z 4-8
 1 Serving
 327120

## **Preparation Instructions**

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.

Serving Size: 12 each

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 11.00 Each

Amount Per Serving			
Calories		250.92	
Fat		14.18g	
SaturatedFa	at	2.73g	
Trans Fat		0.00g	
Cholestero		21.82mg	
Sodium		381.83mg	
Carbohydra	ates	15.27g	
Fiber		3.27g	
Sugar		1.09g	
Protein		15.27g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.18mg

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

#### **Nutrition - Per 100g**

#### **Breadstick**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16545
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BREADSTICK WGRAIN 1Z 12-20CT
 1 Each
 406321

#### **Preparation Instructions**

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

Meal	Components	(SLE)
Λ	. D O	

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Solving Cizo. Tree Zacit			
<b>Amount Pe</b>	r Serving		
Calories		70.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		95.00mg	
Carbohydrates		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

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

#### **Nutrition - Per 100g**

#### **Carrots**

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16546
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	3/4 Cup		150390

#### **Preparation Instructions**

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CARROTS TO BOILING WATER. IF DESIRED, ADD 1 TSP SEASONING FOR EACH 100 SERVINGS OF VEGETABLE. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN. STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. IF DESIRED, SPRINKLE 1TSP OF SEASONING OVER EACH 100 SERVINGS OF VEGETABLE AND STIR TO COMBINE. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET. SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Serving Size: 3/4 c.

ents (SLE)
0.000
0.000
0.000
0.000
0.750
0.000
0.000
0.000

Serving Size  Amount Pe	•		
Calories	i Serving	40.50	
at		1.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		36.00mg	
Sodium		64.50mg	
arbohydra	ates	9.00g	
iber		3.00g	
Sugar		4.50g	
Protein		0.00g	
/itamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

# **Sloppy Joe on Bun**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16547
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce		564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

#### **Preparation Instructions**

Place bags in perforated pan in steamer. Steam 30 min (steamers may vary) until the internal temperature reaches 165 degrees F or higher.

Hold at 135 degrees F or higher until service

Open 1 Bun. Place #12 scoop of Sloppy Joe Meat on one side and place top of bun on top.

Serving Size: 1 sandwich

Meal Components (SLE)  Amount Per Serving		
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	e: 1.00 Each			
<b>Amount Pe</b>	r Serving			
Calories		285.10		
Fat		7.30g		
SaturatedF	at	2.20g		
Trans Fat 0.00g				
Cholesterol 44.00mg				
Sodium 848.80mg				
Carbohydrates 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

#### **Tator Tots**

Servings:	1.00	Category:	Vegetable
Serving Size:	12.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16548
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI 3 7/9 Ounce 563840

#### **Preparation Instructions**

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 12.00 Serving

Amount Pe	r Serving		
Calories		46.20	
Fat		1.68g	
SaturatedF	at	0.21g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		84.00mg	
Carbohydra	ates	7.14g	
Fiber		0.84g	
Sugar		0.42g	
Protein		0.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	121.80mg	Iron	0.29mg

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

# **Tangerine Chicken**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16549
School:	OHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce		791710
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

#### **Preparation Instructions**

Pre-heat oven to 350-375 degrees F. Place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

Sauce-

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 °F.

Serving:

Pour hot sauce

over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

Pre-heat oven to 3 chicken

pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

50°F/400°F. Spread

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce Convection/Conventional oven (Best) Boil in Bag/Steamer (Best) Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content

is 165. °F
Microwave (Good)
Place entire sauce in bag into microwave for 3 minutes or until content is 165. °F
(product must be thawed)
Toss Chicken w/ Sauce
Serve with #12 scoop

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

## **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving	
Calories 36	0.00
<b>Fat</b> 4.0	00g
SaturatedFat 1.0	00g
Trans Fat 0.0	00g
Cholesterol 45	.00mg
Sodium 38	0.00mg
Carbohydrates 62	.00g
Fiber 2.0	00g
Sugar 13	.00g
Protein 18	.00g
Vitamin A 0.00IU Vit	tamin C 0.00mg
Calcium 0.00mg Iro	on 2.88mg

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

#### **Nutrition - Per 100g**

#### White Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16550
School:	MHS		

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 RICE PARBL STRONGBOX 25 GCHC
 1/8 Cup
 BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.
 722987

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.260	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Each

Amount Per Serving			
Calories		88.40	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.24g	
Fiber		0.00g	
Sugar		0.00g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.75mg

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

#### **Nutrition - Per 100g**

# **Cheese Pizza-Big Daddy**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16552
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

#### **Preparation Instructions**

#### BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices Serving size: 1 slice

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

Amount Per Serving

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 Slice

Amount Pe	r Serving		
Calories		360.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		490.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.10mg

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

#### **Nutrition - Per 100g**

# Pepperoni Pizza-Big Daddy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16553
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

#### **Preparation Instructions**

#### BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices Serving Slice: 1 slice

# Meal Components (SLE) Amount Per Serving

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 Slice

Amount Pe	r Serving		
Calories		360.00	
Fat		17.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	45.00mg	
Sodium		580.00mg	
Carbohydra	ates	33.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.00mg	Iron	2.20mg

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

#### **Nutrition - Per 100g**

# **Turkey and Cheese Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16554
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

#### **Preparation Instructions**

Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service. Serving size: 1 sandwich

Meal Components (SLE)  Amount Per Serving		
Meat	2.500	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Servings Per Serving Size	Recipe: 1.00		
Amount Per	Serving		
Calories		285.00	
Fat		8.50g	
SaturatedFa	ıt	2.25g	
Trans Fat		0.00g	
Cholesterol		52.50mg	
Sodium		780.00mg	
Carbohydrates		25.00g	
Fiber		4.00g	
Sugar		2.50g	
Protein		26.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	176.00mg	Iron	2.36mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# PB&J, Cheese Stick, Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16558
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

## **Preparation Instructions**

Thaw PB&J uncrustable in cooler. Place 1 uncrustable, 1 cheese Stick and 1 goldfish cracker in bag. Serve. Serving size: 1 bag

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

Nutritio			
•	er Recipe: 1.00	)	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		480.00	
Fat		23.00g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		620.00mg	
Carbohydr	ates	53.00g	
Fiber		5.00g	
Sugar		23.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	342.00mg	Iron	3.00mg

not used for evaluation purposes

# **Chef Salad (Elem and Middle School)**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16559
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS- Graves County Schools	1 1/2 Cup	BAKE	16P33
CARROT SHRD MED 2-5 RSS	1/4 Ounce		313408
CUCUMBER 6CT P/L	2 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800
CHEESE CHED SHRD 6-5 COMM	1/4 Ounce		199720
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022
CRACKER GLDFSH CHED WGRAIN 30075Z	1 Package		736280

#### **Preparation Instructions**

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

# Meal Components (SLE) Amount Per Serving

· · · · · · · · · · · · · · · · · · ·	
Meat	3.250
Grain	1.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	2.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		372.13	
Fat		14.75g	
SaturatedF	at	3.75g	
Trans Fat		0.00g	
Cholestero	ol	137.50mg	
Sodium		773.75mg	
Carbohydr	ates	31.42g	
Fiber		1.72g	
Sugar		5.08g	
Protein		26.31g	
Vitamin A	7173.87IU	Vitamin C	19.13mg
Calcium	127.83mg	Iron	4.20mg

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

## **Nutrition - Per 100g**

# **Yogurt and Fruit Parfait (All)**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16561
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	2 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcarenursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

#### **Preparation Instructions**

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola

Hold at 41 degrees F or lower until serving.

Serving size: 1 partfait w/ 1 pkg. Granola

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		2121.04	
Fat		18.94g	
SaturatedF	at	5.97g	
Trans Fat		0.00g	
Cholestero	ol	59.70mg	
Sodium		1105.22mg	<u> </u>
Carbohydr	ates	432.15g	
Fiber		6.00g	
Sugar		292.69g	
Protein		66.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2149.25mg	Iron	1.44mg

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

## **Nutrition - Per 100g**

#### **Chicken Tenders**

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16564
School:	MHS		

#### Ingredients

Description

Measurement

Prep Instructions

DistPart #

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.

# Preparation Instructions

**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.

Serving Size: 3 each chicken tenders and 1 cornbread loaf

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 3.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		260.00	
Fat		15.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		390.00mg	
Carbohydra	ates	16.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

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

## **Nutrition - Per 100g**

# Mini Pancakes w/ Turkey Sausage Links (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16566
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

#### **Preparation Instructions**

READY\_TO\_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.\*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.\*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Position patties in a single layer about 1 apart on shallow baking pan sprayed with

nonstick spray. Bake at 375 degrees F for 9 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Serving: Serve 1 pkg Pancakes and 2 Turkey Sausage Links together

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		340.00	
Fat		14.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		450.00mg	
Carbohydra	ites	37.00g	
Fiber		2.00g	
Sugar		11.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.22mg

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

#### **Nutrition - Per 100g**

# **Hashbrown Patty**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16567
School:	MHS		

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 HASHBROWN FAST 2.5Z 6-3.5 LAMB
 1 Each
 242241

#### **Preparation Instructions**

Conventional Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 20-25 minutes. Until internal temperature reaches 165 degrees F or greater.

Convection Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 12-14 minutes. Until internal temperature reaches 165 degrees F. or greater

Hold at 135 degrees F or greater until service.

Serving size: 1 each

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

	. 1100 Each		
<b>Amount Per</b>	Serving		
Calories		125.00	
Fat		6.50g	
SaturatedFa	at	1.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		245.00mg	
Carbohydra	tes	14.50g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.35mg

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

#### **Nutrition - Per 100g**

## Mini Ravioli w/ MMarinara

Servings:	1.00	Category:	Entree
Serving Size:	7.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16569
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	7 Each		524650
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181

#### **Preparation Instructions**

Thaw Meat Sauce under refrigeration. Heat in steamer until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Place ravioli in boiling water. Heat until ravioli boil for 4 min or until the internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Mutritian Foots

Serving size: Place 7 ravioli in bowl and mix with (5.6 oz by weight) 1/2 c. Meat Sauce.

Meal Components (SLE) Amount Per Serving		
Meat	1.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.400	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutritio	Nutrition Facts			
Servings Per Recipe: 1.00				
Serving Size: 7.00 Serving				
Amount Pe	r Serving			
Calories		150.00		
Fat		3.25g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholesterol		15.00mg		
Sodium		247.50mg		
Carbohydra	ates	20.00g		
Fiber		2.00g		
Sugar		4.00g		
Protein		9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	127.50mg	Iron	1.22mg	
+ 4 11 (*	(T = 0.1.1			

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

#### **Nutrition - Per 100g**

## **Garlic Bread**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16570
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## **Preparation Instructions**

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

Serving Size: 1 each

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
<b>Amount Per</b>	Serving			
Calories		80.00		
Fat		3.50g		
SaturatedFa	ıt	1.00g		
Trans Fat		0.00g		
Cholesterol	Cholesterol 0.00mg			
Sodium	Sodium 150.00mg			
Carbohydra	tes	10.00g		
Fiber		1.00g		
Sugar		0.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	4.00mg	Iron	1.00mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

# Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16571
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparationput a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	1 Each		517810

#### **Preparation Instructions**

#### **BAKE**

Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees F for 30-40 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef patty and 1 slice of Cheese on 1 each hamburger bun. Wrap in foil wrapper. Hold at 135 degrees F until servince

Serving size: 1 sandwich

# Meal Components (SLE) Amount Per Serving

	<u> </u>
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 Each

<b>Amount Pe</b>	r Serving		
Calories		285.00	
Fat		8.50g	
SaturatedF	at	3.25g	
Trans Fat		0.00g	
Cholestero	I	42.50mg	
Sodium		660.00mg	
Carbohydra	ates	27.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		23.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	2.80mg

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

## **Nutrition - Per 100g**

# Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16572
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	1 Each		517810
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparationput a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270

#### **Preparation Instructions**

#### BAKE

Conventional oven: from frozen state sleeve pack preparationput a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef Patty on 1 hamburger bun. Wrap in foil wrapper and hold at 135 degrees F or greater until service Serving Size: 1 sandwich

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		250.00	
Fat		6.50g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		450.00mg	
Carbohydra	ites	26.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

#### **Nutrition - Per 100g**

# **Bosco Cheesy Bread sticks w/ Marinara Sauce**

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16573
School:	MHS		

## Ingredients

144CT HOT!Oven temperatures may vary. Adjust baking time andor	Description	Measurement	Prep Instructions	DistPart #
temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.  THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated.  Oven temperatures may vary. Adjust baking time and or temperature as necessary.  Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	STFD WGRAIN 6	2 Each	Convection Oven  1. Preheat oven to 400° F.  2. Place Bosco Sticks on a baking sheet.  3. THAWED: 7-9 minutes.  4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions  1. Thaw before baking.  2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not	235411
SAUCE MARINARA DIPN CUP 84-2.5Z 1 Each REDG READY_TO_EAT None 677721	<b>DIPN CUP 84-2.5Z</b>	1 Each		677721

## **Preparation Instructions**

#### CONVECTION

Convection Oven

- 1. Preheat oven to 400° F.
- 2. Place Bosco Sticks on a baking sheet.
- 3. THAWED: 7-9 minutes.
- 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT!

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

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

DEEP FRY

Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

#### **THAW**

**Thawing Instructions** 

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

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

Bake at 375 degrees F for 11 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Top Bosco Stick breadsticks with butter spray and Salt Free Garlic Seasoning (not included) after baking.

Hold at 135 degrees F or greater until serving.

Serving Size: 2 Bosco Sticks and 1 pkg Marinara Sauce

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 2.00 Serving				
Amount Per Serving				
Calories	353.90			
Fat	11.20g			
SaturatedFat	5.20g			
Trans Fat	0.03g			
Cholesterol	30.00mg			
Sodium	679.70mg			
Carbohydrates	44.00g			
Fiber	4.00g			
Sugar	8.00g			
Protein	21.50g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 444.00mg	<b>Iron</b> 2.70mg			
*All reporting of TransFat is for	information only and is			

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

#### **Nutrition - Per 100g**

## **Chicken Drumsticks**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16574
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

## **Preparation Instructions**

#### BAKE

#### CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

- 1. Preheat oven to 350°F.
- 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
- 3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service Serving size: 1 drumstick

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		_	
<b>Amount Pe</b>	r Serving		
Calories		220.00	
Fat		13.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	l	60.00mg	
Sodium		530.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

## **Nutrition - Per 100g**

#### **Cheese Quesadilla**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16575
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

#### **Preparation Instructions**

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service. Serving Size: 1 each

Meal Components (SLE) Amount Per Serving		
2.000		
2.000		
0.000		
0.000		
0.130		
0.000		
0.000		
0.000		

<b>Nutrition Facts</b>				
Servings Per Recipe: 1.00				
Serving Size	: 1.00 Each			
Amount Pe	r Serving			
Calories		300.00		
Fat		10.00g		
SaturatedFa	at	3.00g		
Trans Fat		0.00g		
Cholestero		10.00mg		
Sodium		670.00mg	_	
Carbohydra	ates	39.00g		
Fiber		4.00g	_	
Sugar		3.00g	_	
Protein		16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	320.00mg	Iron	2.90mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

# Salsa Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16578
School:	MHS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

#### **Preparation Instructions**

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service. Serving Size: 1 each

<b>l</b> leat	0.000
rain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
.egumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
<b>Amount Per</b>	Serving			
Calories		29.30		
Fat		0.00g		
SaturatedFa	SaturatedFat 0.00g			
Trans Fat 0.00g				
Cholesterol 0.00mg				
Sodium 190.50mg				
Carbohydrates 0.00g				
Fiber		0.00g		
Sugar		3.00g		
Protein	Protein 0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

# **Fruit Sorbet-Blue Raspberry**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16579
School:	MHS		

#### Ingredients

Description Measurement Prep Instructions DistPart #

SORBET CUP CHRY/BLUERASPB 96-4.4FLZ 1/2 Cup 602382

#### **Preparation Instructions**

Store Frozen until service.

Serving Size: 1 each

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

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedF	at	0.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		0.00mg	
Sodium		5.00mg	
Carbohydra	ates	18.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.36mg

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

#### **Nutrition - Per 100g**

## Pizza Hut Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16583
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	1 Each	UNSPECIFIED	1

#### **Preparation Instructions**

Hold at 135 degrees F or greater upon delivery until serving Serving Size: 1 slice (1/8 pizza)

/leat	2.000
irain	2.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Slice

Amount Per Serving					
Calories		280.00			
Fat		9.00g			
SaturatedFa	at	3.90g			
Trans Fat		0.00g			
Cholestero		20.00mg			
Sodium		530.00mg	530.00mg		
Carbohydrates		30.00g			
Fiber		4.00g			
Sugar		2.00g			
Protein		21.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

# Lt. Ranch Dip

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16603
School:	MHS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 RANCH LT DIP CUP 100-1Z FLAVOR FRESH
 1 Each
 499521

#### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> eat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<u> </u>	= = = = = = = = = = = = = = = =			
Amount Per Serving				
Calories		70.00		
Fat		6.00g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholestero	l	5.00mg		
Sodium		125.00mg		
Carbohydra	ates	5.00g		
Fiber		0.00g		
Sugar		3.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Spanish Rice**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16651

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 RICE BRN MEXICAN WGRAIN 6-26Z GCHC
 1/2 Cup
 576280

#### **Preparation Instructions**

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Serving Size: #8 scoop (1/2 cup)

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	, ,
Meat	0.000
Grain	0.380
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

COIVING CIZO	Derving Size. 1.00 Lacit			
<b>Amount Pe</b>	r Serving			
Calories		100.00		
Fat		1.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		150.00mg		
Carbohydra	ates	21.00g		
Fiber		1.00g		
Sugar		0.00g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.00mg	Iron	0.36mg	

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

#### **Nutrition - Per 100g**

## **BBQ Beef Rib Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16652
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100- 3.24Z PIER	1 Each	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.	451410
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## **Preparation Instructions**

#### 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 or until internal temperature reaches greater than 165 degrees F.

Place one pattie on 1 bun and hold at 135 degrees F or greater until service Serving Size: one Sandwich

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		360.00	
Fat		12.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		860.00mg	
Carbohydra	ates	42.00g	
Fiber		4.00g	
Sugar		14.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.80mg

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

#### **Nutrition - Per 100g**

#### Mozarella Sticks w/ Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16653
School:	BMS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	1 svg		143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

#### **Preparation Instructions**

Meal Components (SLE)

#### **BAKE**

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray) or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Serving Size: 6 each cheese sticks and 1 pkt Marinara sauce

Amount Dor Coming	//// (OLL)
Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 6.00 Serving				
<b>Amount Pe</b>	r Serving			
Calories		363.29		
Fat		12.60g		
SaturatedF	at	3.80g		
Trans Fat		0.27g		
Cholestero		16.00mg		
Sodium	<b>Sodium</b> 771.29mg			
Carbohydrates 42.00g				
Fiber		3.20g		
Sugar		8.00g		
Protein		21.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	519.45mg	Iron	2.40mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

#### **Nutrition - Per 100g**

## **Grilled Chicken on Pretzel Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16655
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
ROLL PRTZL WGRAIN 120-2.2Z J&J	1 Each		500162

## **Preparation Instructions**

#### 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 or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Place 1 chicken breast on 1 pretzel roll and serve

Serving size: 1 sandwich

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		300.00	
Fat		5.50g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		345.00mg	
Carbohydra	ates	34.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		27.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	3.40mg

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

#### **Nutrition - Per 100g**

# Cherry Sweet and Sour Chicken w/ Rice

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16656
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce		653342
RICE PARBL STRONGBOX 25 GCHC	1 Serving		722987

#### **Preparation Instructions**

No Preparation Instructions available.

Meal Components	(SLE)
Amount Per Serving	

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Oct ving Oize	. 0.00 Laci	•	
Amount Pe	r Serving		
Calories		370.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		350.00mg	
Carbohydra	ates	64.00g	
Fiber		2.00g	
Sugar		14.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

# **Double Stuff Pepperoni Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16657
School:	BMS		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKYPEPP 3X5 WGRAIN STFD 96CT	1 Each		238240

#### **Preparation Instructions**

REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: PREHEAT OVEN TO 375\*F. BAKE ON PARCHMENT LINED PAN 13 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165\*F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400\*F. BAKE ON PARCHMENT LINED PAN 14 TO 15 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165\*F. Hold at 135 degrees F or greater until service

Serving size: 1 piece

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

#### **Nutrition Facts** Servings Per Recipe: 1.00 Serving Size: 0.00 Each **Amount Per Serving Calories** 250.00 Fat 8.00g SaturatedFat 4.00g **Trans Fat** 0.00gCholesterol 25.00mg **Sodium** 510.00mg **Carbohydrates** 30.00g **Fiber** 4.00g Sugar 3.00g **Protein** 16.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 230.00mg Iron 2.40mg \*All reporting of TransFat is for information only, and is not used for evaluation purposes

# **Cheesy Garlic Flatbread**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16658
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD CHS GARL WGRAIN 96- 4.23Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 2 pizza sheets on an 18" x 26" x 1 2" sheet pan. CONVECTION OVEN: Low fan, 350°F for 11-14 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Rotate pan one half turn to prevent cheese from burning. Refrigerate or discard any unused portion.	521030

## **Preparation Instructions**

**BAKE** 

COOKING GUIDELINES. COOK BEFORE SERVING. Place 2 pizza sheets on an 18" x 26" x 1 2" sheet pan. CONVECTION OVEN: Low fan, 350°F for 11-14 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165 degrees F. Hold at 135 degrees F or greater.

Serving size: 1 piece (2 strips)

## **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		320.00	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	l	15.00mg	
Sodium		550.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	314.00mg	Iron	2.50mg

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

#### **Nutrition - Per 100g**

# Romaine Side Salad (HS and MS)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16661
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 12CT MRKN	1 Each		200344
TOMATO LARGE 1/10 LB CS	1/2 Cup	DICE	03413
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022
CARROT MATCHSTICK SHRED 2-3 RSS	1 Each		198161

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.750	
RedVeg	0.472	
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		106.11	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		170.00mg	
Carbohydra	ates	18.67g	
Fiber		2.39g	
Sugar		3.83g	
Protein		3.72g	
Vitamin A	4755.56IU	Vitamin C	1.73mg
Calcium	42.33mg	Iron	1.62mg

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

## **Beef and Bean Burritos**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16663
School:	BMS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BURRITO BF/BEAN/CHS WGRAIN IW 96-5Z
 1 Each
 497320

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
<u> </u>		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Do	n Comilion		
Amount Pe	r Serving		
Calories		360.00	
Fat		15.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	ı	25.00mg	
Sodium		460.00mg	
Carbohydra	ates	40.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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

#### **Nutrition - Per 100g**

## **Bean and Cheese Burrito**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16664
School:	BMS		

## Ingredients

Description Measurement Prep Instructions DistPart #

BURRITO BEAN/CHS WGRAIN 96-4.5Z 1 Each 150852

#### **Preparation Instructions**

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

leat	2.000
rain	2.000
ruit	0.000
reenVeg	0.000
edVeg	0.000
therVeg	0.000
egumes	0.000
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		310.00	
Fat		9.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	10.00mg	
Sodium		580.00mg	
Carbohydra	ates	40.00g	
Fiber		9.00g	
Sugar		4.00g	
Protein		16.00g	
Vitamin A	400.00IU	Vitamin C	3.60mg
Calcium	200.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

## **Domino's Cheese Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16667
School:	BMS		

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 Domino's 14" WG LM Cheese Pizza
 1 Slice
 11412\*

## **Preparation Instructions**

Ready to serve

Meal Components (SLE)  Amount Per Serving		
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: 0.00 Slice

Amount Per Serving			
Calories	240.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	460.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A 0.00IU	Vitamin C 0.00mg		
Calcium 0.00mg	Iron 0.00mg		

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

#### **Nutrition - Per 100g**

# **Domino's Pepperoni**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16668
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Domino's 14" WG RFRS Pepperoni Pizza	1 Slice		11413*

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Slice

Amount Per Serving			
Calories		260.00	
Fat		9.00g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		490.00mg	
Carbohydrat	es	28.00g	
Fiber		3.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Beef Hotdog on Bun**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16672
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
BUN HOT DOG WGRAIN 6 12-12CT CEM	1 Each		222320

#### **Preparation Instructions**

Heat franks in oven at 350 degrees F until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open hotdog bun and place frank inside. Wrap until service

Serving: 1 sandwich

## **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		339.00	
Fat		18.00g	
SaturatedF	at	6.00g	
Trans Fat		0.50g	
Cholestero		35.00mg	
Sodium		650.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		12.00g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	68.89mg	Iron	4.19mg

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

## Meatball Sub w/ Mozzarella

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16677
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

## **Preparation Instructions**

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375\*F FOR APPROX 30-40 MINUTES until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open sub bun. Place 1/8 c. cheese on bun, place 4 meatballs in sauce on bun. Close bun and wrap in foil wrap until service.

Serving size: 1 sandwich

# Meal Components (SLE) Amount Per Serving

Meat	2.520
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		560.80	
Fat		20.62g	
SaturatedF	at	5.82g	
Trans Fat		0.60g	
Cholestero	ı	43.80mg	
Sodium		2079.60mg	
Carbohydra	ates	67.52g	
Fiber		11.00g	
Sugar		26.52g	
Protein		28.64g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	305.60mg	Iron	7.00mg

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

## **Nutrition - Per 100g**

## French Bread Plzza-Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16679
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

## **Preparation Instructions**

#### **BAKE**

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greaterCook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

# Meal Components (SLE) Amount Per Serving

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 Each

<b>Amount Pe</b>	r Serving		
Calories		214.00	
Fat		7.90g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	11.00mg	
Sodium		307.10mg	
Carbohydra	ates	23.00g	
Fiber		2.10g	
Sugar		6.00g	
Protein		12.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	228.60mg	Iron	1.60mg

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

## **Nutrition - Per 100g**

# French Bread Plzza-Pepperoni

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16681
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154420

## **Preparation Instructions**

#### **BAKE**

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greaterCook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

## **Meal Components (SLE)**

Amount Per Serving

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 Each

Amount Per	Serving		
Calories		221.00	
Fat		8.60g	
SaturatedFat		2.90g	
Trans Fat		0.00g	
Cholesterol		18.00mg	
Sodium		407.10mg	
Carbohydrat	es	23.00g	
Fiber		2.10g	
Sugar		5.00g	
Protein		12.00g	
Vitamin A (	0.00IU	Vitamin C	0.00mg
Calcium	178.60mg	Iron	1.90mg

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

#### **Nutrition - Per 100g**

# **Chef Salad (HS only)**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-16684
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS- Graves County Schools	2 Cup	BAKE	16P33
CARROT SHRD MED 2-5 RSS	1/4 Ounce		313408
CUCUMBER 6CT P/L	2 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
CHEESE CHED SHRD 6-5 COMM	1/4 Ounce		199720
CROUTON CHS GARL WGRAIN 2505Z	1 Package		661022
CRACKER GLDFSH CHED WGRAIN 30075Z	2 Package		736280

## **Preparation Instructions**

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

# Meal Components (SLE) Amount Per Serving

Meat	4.250
Grain	2.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	2.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		510.83	
Fat		20.75g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	l	222.50mg	
Sodium		972.50mg	
Carbohydr	ates	46.67g	
Fiber		2.22g	
Sugar		5.83g	
Protein		31.56g	
Vitamin A	9048.87IU	Vitamin C	20.03mg
Calcium	164.33mg	Iron	5.58mg

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

## **Nutrition - Per 100g**

# **Veggie Burger**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16688
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE 7-VEG 48-3.5Z MSTARFM	1 Each		561649
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## **Preparation Instructions**

Heat veggie pattie until internal temperature is 165 degrees F or greater. Place on hamburger bun and wrap. Hold at 135 degrees F or greater until service.

Serving size: 1 sandwich

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

Nutritio	n Facts		
	r Recipe: 1.0	00	
Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		323.00	
Fat		8.50g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	l	2.00mg	
<b>Sodium</b> 765.00mg			
Carbohydra	ates	14.00g	
Fiber		7.90g	
Sugar		6.00g	
Protein		22.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	97.20mg	Iron	1.40mg
*All reporting	of TransFat is f	or information o	nly, and is

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

# **Spicy Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16690
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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.	327080

## **Preparation Instructions**

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap. Hold at 135 degrees F or greater until service.

## **Meal Components (SLE)**

Amount Per Serving

	<u> </u>
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving				
Calories		370.00			
Fat		14.50g			
SaturatedFa	at	2.50g			
Trans Fat		0.00g			
Cholesterol		20.00mg			
Sodium		530.00mg	530.00mg		
Carbohydrates		40.00g			
Fiber		5.00g			
Sugar		5.00g			
Protein		19.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	60.00mg	Iron	3.00mg		

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

#### **Nutrition - Per 100g**

## **General Tso's Chicken**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20618
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4- .5GAL ASIAN	1 Tablespoon		802850
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120

## **Preparation Instructions**

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Add Sauce.. Toss to coat

Serving Size: 11 pieces of chicken w/ 1 tbs Sauce

1.833
0.917
0.000
0.000
0.000
0.000
0.000
0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Pe	r Serving			
Calories		265.00		
Fat		13.00g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholesterol		20.00mg		
Sodium		520.00mg		
Carbohydrates		22.00g		
Fiber		3.00g		
Sugar		8.00g		
Protein		14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	33.00mg	Iron	2.00mg	
*All reporting of TransFat is for information only, and is				

not used for evaluation purposes

## **Smile Fries**

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20662
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/6-4 OREI	3 3/5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

## **Preparation Instructions**

CONVECTION OVEN: PREHEAT OVEN TO 425\*F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. Serving Size: 6 each

Meal Components (SLE)  Amount Per Serving		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.750		

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 6.00 Each					
Amount Per	r Serving				
Calories		194.19			
Fat		6.72g			
SaturatedFa	at	0.75g			
Trans Fat 0.00g					
Cholesterol		0.00mg	0.00mg		
<b>Sodium</b> 268.88mg					
Carbohydrates		29.88g			
Fiber	<b>Fiber</b> 2.99g				
Sugar		0.00g			
Protein	Protein 2.99g				
Vitamin A	0.00IU	Vitamin C	3.59mg		
Calcium	0.00mg	Iron	0.54mg		
*All reporting of TransFat is for information only, and is					

not used for evaluation purposes

## **Grilled Cheese Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21262
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1/24oz Sandwich Wheat Bread	2 Slice		659522
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

#### **Preparation Instructions**

Place 4 slices of cheese between 2 slices of bread. Coat top and bottom bread with butter spray. Bake in 375 degree F oven until cheese is melted and bread is golden brown.

Serving size: 1 sandwich

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Per Serving	
Calories	140.00**
Fat	8.00g**
SaturatedFat	5.00g**
Trans Fat	0.00g**
Cholesterol	30.00mg**
Sodium	840.00mg**
Carbohydrates	4.00g**
Fiber	0.00g**
Sugar	2.00g**
Protein	14.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
<b>Calcium</b> 384.00mg**	<b>Iron</b> 0.00mg**

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

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# Mini Waffles w/ Turkey Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22365
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

## **Preparation Instructions**

Heat pancakes in oven at 325 degrees F until heated to 165 degrees F or greater Heat Turkey Sausage links in oven at 325 degrees F until internal temperature is 165 degrees or greater Hold at 165 degrees or greater until service Serving Size: 1 pkg Pancakes and 2 Turkey Sausage Links

## **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		330.00	
Fat		14.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		350.00mg	
Carbohydra	ites	37.00g	
Fiber		2.00g	
Sugar		13.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.12mg

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

#### **Nutrition - Per 100g**

# Cheese Lasagna Rollups w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22403
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714

## **Preparation Instructions**

IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375\*F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES until internal temperature reaches 165 degrees F or greater.

Hold at 165 degrees F or greater until service.

Serving Size: 1 lasagna Roll up and 2 oz Marinara Sauce

Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	3.000	
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		440.00	
Fat		12.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		1950.00mg	
Carbohydra	ates	61.00g	
Fiber		10.00g	
Sugar		25.00g	
Protein		23.00g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	384.00mg	Iron	5.08mg

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

# **Lucky Unicorn Parfait**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23895
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

## **Preparation Instructions**

Layer 1 c. Yogurt in parfait cup w/ 1 bowl of Lucky Charms. Put 1 ctn. of strawberries in the fruit compartment. Store at 41 degrees F or lower until service

Serving size: 1 parfait.

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.00 Each						
Amount Per Serving						
Calories		423.08				
Fat		2.59g				
SaturatedF	at	0.75g				
Trans Fat		0.00g				
Cholesterol		7.46mg				
Sodium		298.60mg				
Carbohydrates		91.27g				
Fiber		3.70g				
Sugar		59.84g				
Protein		10.66g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	369.46mg	Iron	2.80mg			
*All reporting of TransFat is for information only, and is not used for evaluation purposes						

# **Popcorn Chicken Bowl**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23944
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
POTATO PRLS EXCEL 12- 26.5Z SMART SERV	1 Ounce	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Tablespoon		552061

## **Preparation Instructions**

Prepare Chicken according to instructions. Heat in 375 degree oven on single layer pan for 15 min or until internal temperature reaches 165 degrees F or greater.

Prepare potatoes according to instructions

Prepare gravy according to instructions

Serving Size:

Placy #8 Scoop of mashed potatoes in bowl. Top with 12 pieces of popcorn chicken. Top with 1 oz. gravy

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.758

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		380.38	
Fat		15.54g	
SaturatedF	at	2.73g	
Trans Fat		0.00g	
Cholestero		25.58mg	
Sodium		611.16mg	
Carbohydra	ates	41.00g	
Fiber		5.70g	
Sugar		1.84g	
Protein		16.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.94mg	Iron	2.56mg

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

## **Nutrition - Per 100g**

## **HUMMUS & PRETZELS**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26815
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS ORIG 45GAL GREC	200 Ounce	Not I/W. Will have to Portion	209902
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
Amount	Per Serving	

Amount Per Serving	
Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.260
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

		-9	
<b>Amount Pe</b>	r Serving		
Calories		150.00	
Fat		4.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		340.00mg	
Carbohydra	ates	23.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

# **Turkey Italian Combo Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26816
School:	MHS		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

#### **Preparation Instructions**

Place 6 slices of meat on one slice of bread and top with another slice of bread. Wrap in plastic wrap and hold at 41 degrees F or lower until service.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		266.70	
Fat		9.00g	
SaturatedF	at	2.20g	
Trans Fat		0.00g	
Cholestero	I	58.00mg	
Sodium		743.30mg	
Carbohydra	ates	26.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.67mg	Iron	2.96mg
	· · · · · · · · · · · · · · · · · · ·	·	

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

#### **Nutrition - Per 100g**

# **Turkey and Cheese Lunch Pack**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26817
School:	MHS		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	3 2/7 Ounce		394123
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
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

## **Preparation Instructions**

No Preparation Instructions available.

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

Amount Per Serving

Meat	2.990
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		340.00	
Fat		10.50g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	70.00mg	
Sodium		825.00mg	
Carbohydra	ates	27.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		32.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	274.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

# **Yogurt and Fruit Parfait Pandemic**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-26818
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcarenursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## **Preparation Instructions**

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola

Hold at 41 degrees F or lower until serving.

Serving size: 1 partfait w/ 1 pkg. Granola

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.000
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	r Serving		
Calories		433.88	
Fat		4.99g	
SaturatedF	at	0.75g	
Trans Fat		0.00g	
Cholestero	l	7.46mg	
Sodium		194.40mg	
Carbohydra	ates	88.27g	
Fiber		4.00g	
Sugar		56.84g	
Protein		11.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

# Pepperoni Pizza Lunch Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26819
School:	MHS		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z 8- 2.25 JENNO	2 Ounce		276662
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
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
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

## **Preparation Instructions**

No Preparation Instructions available.

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

Amount Per Serving

Meat	2.460
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: 0.00 Each

Amount Pe	r Serving		
Calories		353.90	
Fat		11.70g	
SaturatedF	at	3.70g	
Trans Fat		0.03g	
Cholestero	l	50.00mg	
Sodium		1054.70mg	
Carbohydra	ates	39.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	308.00mg	Iron	2.84mg

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

#### **Nutrition - Per 100g**

# **Nachos and Cheese Lunch pack**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27558
School:	MHS		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
SALSA 103Z 6-10 REDG	3 Ounce	READY_TO_EAT None	452841
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 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
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

## **Preparation Instructions**

No Preparation Instructions available.

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

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.060
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		403.30	
Fat		21.50g	
SaturatedF	at	11.00g	
Trans Fat		0.00g	
Cholestero	I	50.00mg	
Sodium		892.88mg	
Carbohydra	ates	32.66g	
Fiber		2.00g	
Sugar		10.22g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	560.00mg	Iron	0.22mg

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

#### **Nutrition - Per 100g**

## Meatballs w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30059
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714

## **Preparation Instructions**

Place meatballs into steamtable pan. Add Sauce. Heat until meatballs and sauce reach 165 degrees F or higher. Serving Size: 4 meatballs and sauce

Meal Compon  Amount Per Serving  Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Serving

r Serving		
	354.00	
	15.00g	
at	3.50g	
	0.60g	
l	36.00mg	
	1796.00mg	
ates	38.00g	
	9.00g	
	22.00g	
	20.00g	
0.00IU	Vitamin C	0.00mg
143.00mg	Iron	5.00mg
	at I ates 0.00IU	354.00 15.00g at 3.50g 0.60g 1 36.00mg 1796.00mg 38.00g 9.00g 22.00g 20.00g 0.00IU Vitamin C

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

### **Nutrition - Per 100g**

### **Garlic Twist Breadstic**

Servings:	1.00	Category:	Grain
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30060
School:	MHS		

## Ingredients

Description Measurement Prep Instructions DistPart #

**BREADSTICK GARL WGRAIN TWST 54-**

1 Each 644051

#### **Preparation Instructions**

Place Breadsticks on Sheet pan. Heat at 375 degrees F for 6-8 min.

Serving size: 1 breadstick

Meal	Comp	onents	(SLE)
------	------	--------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Serving Size	e: 0.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		150.00	
Fat		3.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ates	26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

# Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30062
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

## **Preparation Instructions**

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches 165 degrees F. Serving Size: 6 ea

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 6.00 Serving

3		9	
<b>Amount Pe</b>	r Serving		
Calories		266.70	
Fat		10.70g	
SaturatedF	at	1.90g	
Trans Fat		0.11g	
Cholestero	l	34.00mg	
Sodium		364.70mg	
Carbohydra	ates	33.00g	
Fiber		2.90g	
Sugar		12.00g	
Protein		9.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.44mg

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

#### **Nutrition - Per 100g**

## **Fiestada**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30092
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

## **Preparation Instructions**

Cook before serving. Place frozen pizzas in 18x26x1/2" bun pans. Convection oven: 350 degrees F for 9-16 minutes. Conventional oven: 425 degrees F for 16-20 minutes. For food safety and quality, heat to an internal temperature of 165 degrees F. Serving Size: 1 each

# Meal Components (SLE) Amount Per Serving

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 1

<b>Amount Pe</b>	r Serving		
Calories		234.00	
Fat		9.10g	
SaturatedF	at	3.90g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		461.00mg	
Carbohydra	ates	28.00g	
Fiber		2.60g	
Sugar		5.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Turkey Ham n Cheese Pocket**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30159
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY HAM & CHS 80-4.8Z S&F FDS	1 Each		549632

## **Preparation Instructions**

Thaw prior to cooking. Product should be slacked on a sheet pan leaving 1-2 inches of space between each unit. This will ensure that each unit is evenly cooked. Heat product at 350F for 10-12 minutes or until it reached an internal temperature of 165F or higher. Serving size: 1 pocket

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

Nutritio	ii i acis			
Servings Per Recipe: 1.00				
Serving Size: 0.00 Each				
<b>Amount Pe</b>	r Serving			
Calories		280.00		
Fat		11.00g		
SaturatedF	at	5.00g		
Trans Fat		0.00g		
Cholestero	I	40.00mg		
Sodium		590.00mg		
Carbohydra	ates	31.00g		
Fiber		3.00g		
Sugar		4.00g		
Protein		19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	337.00mg	Iron	2.00mg	
	of TransFat is fo valuation purpos		nly, and is	

#### **Nutrition - Per 100g**

**Nutrition Facts** 

## **Taco Bowl w/ Doritos**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30163
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	3 Tablespoon		576280
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Ounce	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.	456090

## **Preparation Instructions**

Make Rice according to directions. Heat taco meat until internal temperature reaches 165 degrees F or higher. Portion cheese sauce into 3 oz. souffle cups.

To assemble: Place #8 Scoop of Rice in paper food tray. Top with #12 scoop of Taco meat. Add souffle cup of cheese sauce.

Serving: 1 boat of taco meat, cheese and Rice and 1 bg. RF Doritos.

# Meal Components (SLE) Amount Per Serving

	<u> </u>
Meat	2.893
Grain	1.880
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 1

Amount Pe	er Serving		
Calories		1537.03	
Fat		94.54g	
SaturatedF	at	56.70g	
Trans Fat		0.27g	
Cholestero	ol	272.18mg	
Sodium		5429.84mg	)
Carbohydr	ates	81.73g	
Fiber		4.89g	
Sugar		2.89g	
Protein		78.11g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2615.32mg	Iron	2.53mg

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

#### **Nutrition - Per 100g**

# Popcorn Chicken w/ Pretzel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30168
School:	BMS		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each		327120
PRETZEL ROD SFT WHEAT 180-1Z J&J	1 Each		607940

#### **Preparation Instructions**

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN. Heat until internal temperature is 165 degrees F or higher Serving size: 11 pieces of chicken and 1 pretzel rod

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving			
Calories		300.00	
Fat		13.50g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		625.00mg	
Carbohydra	ates	28.50g	
Fiber		4.50g	
Sugar		1.50g	
Protein		16.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	2.95mg

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

### **Nutrition - Per 100g**

# **Boneless Wings**

Servings:	1.00	Category:	Entree
Serving Size:	5.00 svg	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31611
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

## **Preparation Instructions**

APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES. Serving Size: 5 wings

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 5.00 svg

Amount Pe	r Serving		
Calories		200.00	
Fat		8.75g	
SaturatedFa	at	1.88g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		337.50mg	
Carbohydra	ates	12.50g	
Fiber		2.50g	
Sugar		0.00g	
Protein		17.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.25mg	Iron	1.25mg

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

#### **Nutrition - Per 100g**

## **Cheese Calzone**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31612
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	1 Each		658591

## **Preparation Instructions**

Spray with Pam before baking for a softer crust. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F. serving size 1 ea

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Pe	r Serving		
Calories		250.00	
Fat		5.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		430.00mg	
Carbohydra	ates	33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

# Pepperoni Calzone

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31613
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

## **Preparation Instructions**

Spray with Pam before baking for a softer crust. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F. serving size 1 ea

Meal Components (SLE)  Amount Per Serving		
Meat	2.250	
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: 0.00 Each

COI VIII 9 CIZ			
<b>Amount Pe</b>	r Serving		
Calories		280.00	
Fat		11.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		590.00mg	
Carbohydra	ates	32.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Taco Stick**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31615
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW 50-4.6Z HOTGRILL	1 Each		188752

## **Preparation Instructions**

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes. Heat until internal temperature reaches 165 degrees F or higher. Serving size: 1 ea

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

•	n Facts er Recipe: 1.00 e: 0.00 Each	)	
<b>Amount Pe</b>	r Serving		
Calories		345.00	
Fat		12.80g	
SaturatedF	at	8.40g	
Trans Fat		0.00g	
Cholestero	I	52.00mg	
Sodium		630.70mg	
Carbohydra	ates	32.00g	
Fiber		3.80g	
Sugar		1.00g	
Protein		20.10g	
Vitamin A	251.90IU	Vitamin C	6.37mg
Calcium	328.78mg	Iron	2.77mg
*All reporting	of TransFat is fo	r information or	nly, and is

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Taco Stick**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31616
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW 50-4.6Z HOTGRILL	1 Each		188752

## **Preparation Instructions**

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes. Heat until internal temperature reaches 165 degrees F or higher. Serving size: 1 ea

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

Nutritio	n Facts			
Servings Per Recipe: 1.00				
Serving Size	e: 0.00 Each			
Amount Pe	r Serving			
Calories		345.00		
Fat		12.80g		
SaturatedF	at	8.40g		
Trans Fat		0.00g		
Cholestero	I	52.00mg		
Sodium		630.70mg		
Carbohydra	ates	32.00g		
Fiber		3.80g		
Sugar		1.00g		
Protein		20.10g		
Vitamin A	251.90IU	Vitamin C	6.37mg	
Calcium	328.78mg	Iron	2.77mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

# "Fried " Chicken Drums w/ Cornbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32029
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	Preparation: Appliances vary, adjust accordingly.Conventional Oven1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes.For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.  CONVECTION  Preparation: Appliances vary, adjust accordingly.Convection Oven1.  Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutesFor best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## **Preparation Instructions**

Bake chicken according to instructions until internal temperature reads 165 degrees F or higher. Hold at 135 degrees F or higher until serving.

Thaw cornbread in cooler until serving.

Serving size: 1 chicken drum and 1 cornbread loaf

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		400.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		75.00mg	
Sodium		620.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		15.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

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

## **Nutrition - Per 100g**

### **Mashed Potatoes**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32468
School:	MHS		

### Ingredients

Description Measurement Prep Instructions DistPart #

RECONSTITUTE

POTATO PRLS EXCEL 12-28Z BAMER

1/2 Cup

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir

for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

613738

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
Amount	Per Serving	

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

	7. 0.00 Oup		
Amount Pe	r Serving		
Calories		180.00	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		800.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

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

#### **Nutrition - Per 100g**

# **Carrots and Celery Sticks**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32470
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package		03680
Celery Sticks	3 Each	BAKE	16V94

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes

Starch

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.250

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		25.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.00mg	
Carbohydra	ites	6.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Chili w/ Tostitos**

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32471
School:	BMS		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water.  Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 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

# **Preparation Instructions**

No Preparation Instructions available.

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 5.00 Ounce

Amount Pe	er Serving		
Calories		276.43	
Fat		9.65g	
SaturatedF	at	2.25g	
Trans Fat		0.00g	
Cholestero	ol	31.90mg	
Sodium		336.71mg	
Carbohydr	ates	33.44g	
Fiber		6.12g	
Sugar		5.15g	
Protein		15.38g	
Vitamin A	1288.51IU	Vitamin C	19.55mg
Calcium	75.49mg	Iron	3.09mg

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

#### **Nutrition - Per 100g**

Calories		195.02	
Fat		6.80g	
SaturatedF	at	1.59g	
Trans Fat		0.00g	
Cholestero	l	22.51mg	
Sodium		237.54mg	
Carbohydra	ates	23.59g	
Fiber		4.32g	
Sugar		3.63g	
Protein		10.85g	
Vitamin A	909.02IU	Vitamin C	13.79mg
Calcium	53.25mg	Iron	2.18mg

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

#### **Taco Bites**

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35415
School:	MHS		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	3 Piece		107201

#### **Preparation Instructions**

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15-20 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BAKE ON PARCHMENT LINED PAN 17-21 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

Serving Size- 3 pieces

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

#### **Nutrition Facts** Servings Per Recipe: 1.00 Serving Size: 3.00 Each **Amount Per Serving Calories** 240.00 Fat 8.00g **SaturatedFat** 2.50g **Trans Fat** 0.00gCholesterol 10.00mg **Sodium** 480.00mg Carbohydrates 30.00g **Fiber** 4.00g Sugar 2.00g **Protein** 14.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 230.00mg Iron 2.60mg \*All reporting of TransFat is for information only, and is not used for evaluation purposes

### **Nutrition - Per 100g**

## **Black Beans**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35416
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	3/4 Cup		231981

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
egumes	0.750
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.75 Cup

Amount Per Serving	
Calories	165.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	195.00mg
Carbohydrates	30.00g
Fiber	7.50g
Sugar	1.50g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.40mg

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

#### **Nutrition - Per 100g**

### **Small soft Pretzel**

Servings:	1.00	Category:	Grain
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35417
School:	MHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122

## **Preparation Instructions**

Oven: Preheat to 350-400 degrees F. Lightly mist soft pretzels with water, then sprinkle with salt if desired. Bake for 3-5 minutes. Microwave: Lightly mist frozen soft pretzels with water, sprinkle salt, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.

Serving: 1 pretzel

Meat         0.0           Grain         1.0           Fruit         0.0           GreenVeg         0.0           RedVeg         0.0	
Fruit         0.0           GreenVeg         0.0	00
GreenVeg 0.0	00
	00
RedVeg 0.0	00
	00
OtherVeg 0.0	00
Legumes 0.0	00
Starch 0.0	00

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

	. 0.00 <u>_</u> ao.		
Amount Per	r Serving		
Calories		70.00	
Fat		0.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		100.00mg	
Carbohydra	ites	14.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

### **Nutrition - Per 100g**

## **Chicken n Waffles**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35482
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	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.	283951
WAFFLE BELG MAPLE IW 72-1.8Z	1 Each		221124

## **Preparation Instructions**

Chicken Tenders PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Waffles: Frozen: Heat from 6-8 minutes at 275 degrees F in a convection oven, or 20-25 seconds in a microwave. Thawed: Microwave for 10-15 seconds.

Serving size: 3 tenders and 1 pkg waffles

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

<b>Amount Pe</b>	r Serving		
Calories		460.00	
Fat		22.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		560.00mg	
Carbohydra	ates	36.00g	
Fiber		5.00g	
Sugar		16.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	2.00mg

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

## **Nutrition - Per 100g**

## **BBQ Chicken breast on Bun**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35483
School:	BMS		

### Ingredients

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

### **Preparation Instructions**

BBQ Chicken: CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.

**MICROWAVE** 

Appliances vary, adjust accordingly.

Microwave

From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.

Place 1 tbs BBQ sauce on Chicken Breast and put on 1 bun

# Meal Components (SLE) Amount Per Serving

g	
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: 0.00 Each

<b>Amount Pe</b>	r Serving		
Calories		289.05	
Fat		4.05g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	l	60.00mg	
Sodium		722.35mg	
Carbohydra	ates	33.00g	
Fiber		3.15g	
Sugar		8.00g	
Protein		28.15g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

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

## **Nutrition - Per 100g**

# **Meatballs with Gravy**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35492
School:	BMS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	1 Serving		785860
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552050

## **Preparation Instructions**

Meatballs BAKE

KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.

**Gravy BAKE** 

KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.

Serving Size: 4 meatballs w/ 1 oz Gravy

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Each

Amount Per	r Serving		
Calories		179.00	
Fat		9.50g	
SaturatedFa	at	3.50g	
Trans Fat		0.60g	
Cholesterol		36.00mg	
Sodium		366.00mg	
Carbohydra	ites	11.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.10mg

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

#### **Nutrition - Per 100g**