

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chicken Tikka Masala

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35796 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| CHIX STRP FAJT DK MT FC 6-5 TYS | 3 Ounce | BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. | 860390 |
| SAUCE TIKKA MASALA 2-4 MONSOON | 6 Ounce | SIMMER Thaw in refrigerator or in cold water. Do not thaw in hot water to prevent yogurt from separating. Carefully remove bag from water and transfer contents to a pan. Cook to internal temperature of 165°F. Serve with chicken, seafood, meats or vegetables. Alternate cooking directions: Remove frozen product from bag and place in a hotel pan, cover, and cook in either a steamer or conventional oven until internal temperature reaches 165°F. Chicken Tikka Masala Recipe: Sauté 8 lbs. of boneless, skinless chicken pieces. Add 4 lbs. of sauce and cook until internal temperature reaches 165°F. Use to make other seafood and vegetable dishes. | 251322 |
| RICE PARBL LONG GRAIN 6-10 PRDCR | 1/2 Cup | | 699181 |
| PARSLEY CALIF CLND 4-1 RSS | 1 Ounce | Wash, dry, chop. | 272396 |

Preparation Instructions

Sauce: FOR BEST RESULTS, SLACK OUT THE PRODUCT THE DAY BEFORE USE. REMOVE THE PRODUCT FROM ITS CONTAINER AND PLACE IN A SAUCEPAN FOR HEATING.

1. Cook chicken according to package direction.
2. Heat sauce to according to package direction.
2. Toss chicken to coat with sauce.

CCP: Hold at 135F or higher for service.

3. Cook rice according to package direction.
4. In serving container, dish 1/2 cup rice in the bottom and top with 3oz sauced chicken mixture. Ladle 2 oz more

sauce over the top.

5. Sprinkle 1 oz fresh chopped parsley over the top and serve.

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: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|-----------|
| Calories | 610.00 |
| Fat | 14.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 95.00mg |
| Sodium | 1260.00mg |
| Carbohydrates | 88.00g |
| Fiber | 3.00g |
| Sugar | 6.00g |
| Protein | 28.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 900.00IU | Vitamin C | 7.20mg |
| Calcium | 116.00mg | Iron | 8.04mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Salad Sandwich

| | | | |
|----------------------|---------------|-----------------------|---------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-35793 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--------------------------|------------|
| Whole Grain Rich White/Wheat sliced bread | 2 Slice | | 1290 |
| SALAD EGG CAFE STYLE 2-5 GCHC | 1/2 Cup | | 695210 |
| TOMATO ROMA XL 25 MRKN | 2 Slice | Order from Piazza # | 108051 |
| LETTUCE LEAF DELI 2-5 RSS | 1 Slice | Order from Piazza #00483 | 416593 |

Preparation Instructions

Lay bread on prep table and top with lettuce.

Add egg salad and spread evenly across top.

Add sliced tomatoes and top with second slice of bread.

Cut sandwich on the diagonal and place in a triangle sandwich container.

CCP: Hold at 35F or below.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Sandwich

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 595.80 | | |
| Fat | 42.91g | | |
| SaturatedFat | 7.58g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 439.39mg | | |
| Sodium | 644.28mg | | |
| Carbohydrates | 31.20g | | |
| Fiber | 2.17g | | |
| Sugar | 5.11g | | |
| Protein | 21.23g | | |
| Vitamin A | 606.06IU | Vitamin C | 0.00mg |
| Calcium | 72.94mg | Iron | 9.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Meatball Hoagie

| | | | |
|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 30.000 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28434 |
| School: | FRANKLIN COMMUNITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| MEATBALL CKD .65Z 6-5 COMM | 5 Pound | Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec. | 785860 |
| SAUCE SPAGHETTI 6-10 P/L | 1 #10 CAN | CCP: Hold for hot service at 135° or higher. | 744520 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 30 Each | | 276142 |
| CHEESE MOZZ SHRD 4-5 LOL | 1 Pound | | 645170 |

Preparation Instructions

1. Portion 5 meatballs in sauce onto the bun.
2. Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 417.70 |
| Fat | 15.79g |
| SaturatedFat | 5.96g |
| Trans Fat | 0.62g |
| Cholesterol | 44.93mg |
| Sodium | 648.79mg |
| Carbohydrates | 46.03g |
| Fiber | 4.75g |
| Sugar | 13.48g |
| Protein | 22.77g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 250.00mg | Iron 3.89mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick w/ mac & cheese

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35788 |

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 |
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 6 Ounce | | 119122 |
| Whole Grain Dinner Roll | 1 Piece | READY_TO_EAT Ready to eat | 3920 |

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 6 oz =2 oz M/MA and 1 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.500 |
| Grain | 2.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 615.00 |
| Fat | 26.00g |
| SaturatedFat | 9.75g |
| Trans Fat | 0.38g |
| Cholesterol | 93.75mg |
| Sodium | 1760.00mg |
| Carbohydrates | 55.50g |
| Fiber | 3.50g |
| Sugar | 8.75g |
| Protein | 40.75g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 519.75mg | Iron 2.47mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna w/ garlic toast

| | | | |
|----------------------|--------------------------------------|-----------------------|-------------------|
| Servings: | 50.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-28409 |
| School: | FRANKLIN COMMUNITY HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| PASTA LASGN RIDG CURLY 2 1/8 10 GFS | 2 3/4 Pound | | 108197 |
| SAUCE SPAGHETTI 6-10 P/L | 2 #10 CAN | READY_TO_EAT None | 744520 |
| CHEESE COTTAGE SML 4 4-5 GCHC | 10 Pound | READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits. | 220051 |
| SPICE PARSLEY FLAKES 11Z TRDE | 1/4 Cup | | 513989 |
| CHEESE PARM GRTD 12-1 PG | 7 Ounce | | 164259 |
| CHEESE MOZZ SHRD 4-5 LOL | 3 Pound | READY_TO_EAT Preshredded. Use cold or melted. | 645170 |
| BREAD GARL TX TST SLC 120- 1.4Z | 1 Each | | 243681 |

Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.
- layer with 9 noodles
- layer with 2# cheese mixture
- Layer another 2 1/4 C of sauce
- repeat with noodles, cheese mixture, and sauce
- layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
- cover with plastic wrap and refrigerate overnight

Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.

CCP: Heat to 160° or higher for 15 sec.

Remove from oven and allow to sit for at least 15 min. before serving.

CCP: Hold for hot service at 135° or higher.

Cut each pan 5 X 5 (25 portions per pan)

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.290 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 284.68 |
| Fat | 9.30g |
| SaturatedFat | 4.67g |
| Trans Fat | 0.00g |
| Cholesterol | 24.40mg |
| Sodium | 500.60mg |
| Carbohydrates | 34.14g |
| Fiber | 2.96g |
| Sugar | 11.32g |
| Protein | 17.25g |
| Vitamin A 2.00IU | Vitamin C 0.00mg |
| Calcium 266.02mg | Iron 1.85mg |

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 32.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22620 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| BROCCOLI FLORETS 6-4 GCHC | 4 Pound | Use commodity broccoli whenever possible! | 610902 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 1 Quart | | 135261 |

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.042 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.50 Cup

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 66.67 |
| Fat | 3.50g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 210.00mg |
| Carbohydrates | 4.83g |
| Fiber | 2.00g |
| Sugar | 0.67g |
| Protein | 4.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 127.83mg | Iron 0.67mg |

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Carrots w/ pesto

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 40.000 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-35753 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|---|------------|
| SAUCE PESTO BASIL 2-30Z PG | 1 Cup | READY_TO_EAT This versatile, ready-to-use sauce simplifies back-of-house prep and works across a variety of Italian dishes from salads to entrees to appetizers. | 844761 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 1/4 Cup | | 732900 |
| CARROT STIX STRAIGHT CUT 2-5 RSS | 10 Pound | | 576646 |
| SALT SEA 36Z TRDE | 1 Tablespoon | | 748590 |

Preparation Instructions

1. Preheat the oven to 475.
2. Divide the carrots between 2 baking sheets. Add 1 tablespoon olive oil, 1 teaspoon salt and ¼ teaspoon pepper to each baking sheet and toss.
3. Roast, stirring once or twice, until the carrots are tender and browned around the edges, about 15 minutes.
4. Transfer the carrots to a large bowl. Add the pesto and toss well. Squeeze the lemon juice over the carrots and toss.
5. Portion into 4 oz servings and serve right away.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|-----------------------------|-------------------------|
| Calories | 86.44 |
| Fat | 4.50g |
| SaturatedFat | 0.70g |
| Trans Fat | 0.00g |
| Cholesterol | 0.50mg |
| Sodium | 276.00mg |
| Carbohydrates | 10.97g |
| Fiber | 3.56g |
| Sugar | 5.33g |
| Protein | 1.29g |
| Vitamin A 19022.22IU | Vitamin C 6.93mg |
| Calcium 48.93mg | Iron 0.42mg |

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Nutrition - Per 100g

| | |
|-----------------------------|-------------------------|
| Calories | 76.23 |
| Fat | 3.97g |
| SaturatedFat | 0.62g |
| Trans Fat | 0.00g |
| Cholesterol | 0.44mg |
| Sodium | 243.39mg |
| Carbohydrates | 9.67g |
| Fiber | 3.14g |
| Sugar | 4.70g |
| Protein | 1.14g |
| Vitamin A 16774.73IU | Vitamin C 6.11mg |
| Calcium 43.15mg | Iron 0.37mg |

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Baked Potato

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30432 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| POTATO BAKER IDAHO 120CT MRKN | 1 Each | Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes. | 233293 |

Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|--------------------------|
| Calories | 131.00 |
| Fat | 0.20g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.20mg |
| Carbohydrates | 30.00g |
| Fiber | 3.80g |
| Sugar | 2.00g |
| Protein | 3.40g |
| Vitamin A 3.40IU | Vitamin C 33.50mg |
| Calcium 20.40mg | Iron 1.32mg |

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Nutrition - Per 100g

No 100g Conversion Available

Corn on the Cob

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 96.000 | Category: | Vegetable |
| Serving Size: | 1.00 Ear | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30441 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|------------------------------|------------|
| CORN COB EARS LITTLE 2.75 96CT GCHC | 96 Each | | 119385 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 2 Pound | 16 oz butter for 96 servings | 191205 |
| SALT KOSHER COARSE 12-3 MRTN | 1 Tablespoon | | 153550 |

Preparation Instructions

1. To steam corn: Place no more than 5 pounds of corn cobs in perforated steamtable pans. Steam them for 5 minutes. Place in solid steamtable pans for seasoning and service.

If using solid steamtable pans to steam the corn, drain the liquid from the pans prior to seasoning in step 2.

2. Melt the butter and combine it with the salt. Pour over the cooked corn.

3. Serve the corn immediately, or cover it and place in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion one small ear with tongs per serving.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

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: 96.000

Serving Size: 1.00 Ear

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 106.67 | | |
| Fat | 2.83g | | |
| SaturatedFat | 1.17g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 75.00mg | | |
| Carbohydrates | 19.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 9.000 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-22425 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|------------------------------|------------|
| APPLE DELIC GLDN 125-138CT MRKN | 1 Each | | 597481 |
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each | | 198021 |
| PEAR 95-110CT MRKN | 1 Each | | 198056 |
| BANANA TURNING SNGL 150CT 40 P/L | 1 Each | | 197769 |
| PEAR DCD IN JCE 6-10 GCHC | 1/2 Cup | | 610364 |
| PINEAPPLE TIDBITS IN JCE 6-10 DOLE | 1/2 Cup | READY_TO_EAT Ready to Eat | 509221 |
| ORANGES MAND BRKN L/S 6-10 GCHC | 1/2 Cup | | 152811 |
| PEACH DCD XL/S 6-10 GCHC | 1/2 Cup | READY_TO_EAT ready to use | 268348 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 1.416 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 9.000

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|--------------------------|--------------------------|
| Calories | 72.53 |
| Fat | 0.12g |
| SaturatedFat | 0.02g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 2.72mg |
| Carbohydrates | 17.78g |
| Fiber | 2.19g |
| Sugar | 11.11g |
| Protein | 0.72g |
| Vitamin A 62.07IU | Vitamin C 11.50mg |
| Calcium 15.73mg | Iron 0.26mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 50.000 | Category: | Fruit |
| Serving Size: | 0.50 .50 cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22625 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--------------------------|------------|
| GRAPES RED SDLSS 18AVG MRKN | 9 Pound | Wash thoroughly and dry. | 197831 |
| GRAPES GREEN SEEDLESS 17AVG | 9 Pound | Wash thoroughly and dry. | 197858 |

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

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: 50.000

Serving Size: 0.50 .50 cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 91.15 | | |
| Fat | 0.43g | | |
| SaturatedFat | 0.11g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 2.70mg | | |
| Carbohydrates | 23.76g | | |
| Fiber | 1.19g | | |
| Sugar | 21.60g | | |
| Protein | 0.86g | | |
| Vitamin A | 136.08IU | Vitamin C | 5.44mg |
| Calcium | 19.05mg | Iron | 0.40mg |

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

Nutrition - Per 100g

No 100g Conversion Available