

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Spaghetti w/ Meat Sauce and garlic knot

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD LOAF GARL SVRY 12-20Z SIENNA	40 Slice		512602

## Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	528.93		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.93mg		
<b>Sodium</b>	660.71mg		
<b>Carbohydrates</b>	81.64g		
<b>Fiber</b>	5.14g		
<b>Sugar</b>	9.50g		
<b>Protein</b>	28.07g		
<b>Vitamin A</b>	693.21IU	<b>Vitamin C</b>	20.36mg
<b>Calcium</b>	57.14mg	<b>Iron</b>	5.84mg

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

## Nutrition - Per 100g

<b>Calories</b>	466.44		
<b>Fat</b>	7.94g		
<b>SaturatedFat</b>	2.65g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.97mg		
<b>Sodium</b>	582.65mg		
<b>Carbohydrates</b>	72.00g		
<b>Fiber</b>	4.54g		
<b>Sugar</b>	8.38g		
<b>Protein</b>	24.75g		
<b>Vitamin A</b>	611.31IU	<b>Vitamin C</b>	17.95mg
<b>Calcium</b>	50.39mg	<b>Iron</b>	5.15mg

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# Ultimate Veggie Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701
SPRING MIX HERITAGE 4-3 RSS	1/2 Cup		152222
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
CUCUMBER SELECT 24CT MRKN	5 Slice		418439
TOMATO RANDOM 2 25 MRKN	4 Slice		508616
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	2 Ounce	<p>* TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. *</p> <p>STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.</p> <p>STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1 4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	147270

## Preparation Instructions

1. Lay tortilla out on flat surface.
2. Spread with 2T (1oz) Garlic Herb Cream Cheese.
3. Arrange all veggies on wrap and roll tightly like a burrito, tucking in each end as you roll.
4. Slice in half and wrap in cling wrap or place in a container.

CCP: Hold at 35F for service.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.244
<b>OtherVeg</b>	0.078
<b>Legumes</b>	1.515
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	656.11
<b>Fat</b>	20.47g
<b>SaturatedFat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	619.54mg
<b>Carbohydrates</b>	83.12g
<b>Fiber</b>	19.88g
<b>Sugar</b>	20.04g
<b>Protein</b>	36.34g
<b>Vitamin A</b> 10727.69IU	<b>Vitamin C</b> 23.65mg
<b>Calcium</b> 279.06mg	<b>Iron</b> 9.18mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Fajitas with Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE SPANISH 6-36Z GCHC	1/2 Cup		834850

## Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.190
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	654.89
<b>Fat</b>	13.21g
<b>SaturatedFat</b>	6.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.67mg
<b>Sodium</b>	1683.03mg
<b>Carbohydrates</b>	105.40g
<b>Fiber</b>	6.32g
<b>Sugar</b>	8.69g
<b>Protein</b>	32.77g
<b>Vitamin A</b> 760.98IU	<b>Vitamin C</b> 46.31mg
<b>Calcium</b> 219.26mg	<b>Iron</b> 5.79mg

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## Nutrition - Per 100g

No 100g Conversion Available

# FCS Grizzly Bowl

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33901
<b>School:</b>	FRANKLIN COMMUNITY MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	<b>RECONSTITUTE</b> 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
CORN CUT SUPER SWT 6-4 GCHC	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD 12-49Z HRTSTN	2 Quart	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Pound		191043
Whole Grain Dinner Roll	40 Each	Ready to eat	3920

## Preparation Instructions

### DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4 full steam table pan.
3. Layer the corn on top of the potatoes, 4# per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the

scoop of potato/corn layer. Add a roll on the side when served.

7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.168
<b>Grain</b>	2.084
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.952

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	520.94
<b>Fat</b>	21.37g
<b>SaturatedFat</b>	5.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.68mg
<b>Sodium</b>	957.11mg
<b>Carbohydrates</b>	58.58g
<b>Fiber</b>	7.20g
<b>Sugar</b>	7.11g
<b>Protein</b>	22.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 166.81mg	<b>Iron</b> 3.14mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Mac & Cheese Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT DK MT FC 6-5 TYS	1 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
  2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	564.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	1661.01mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 616.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 413.00mg	<b>Iron</b> 2.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	40.20		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.40mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.40mg	<b>Iron</b>	0.84mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

## Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	187.11		
<b>Fat</b>	3.25g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	699.16mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	2.22g		
<b>Protein</b>	4.44g		
<b>Vitamin A</b>	70.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	0.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttery Corn

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Add margarine to hot corn.

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Caesar Side Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29647
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	50 Each		554758

## Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	240.32		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	11.06g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	2.03g		
<b>Protein</b>	3.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.52mg	<b>Iron</b>	1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cantaloupe Wedge

<b>Servings:</b>	10.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35887

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON MUSK CANTALOUPE 12CT P/L	1 Each	*Order Piazza #00418*	200565

## Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
  2. Place cantaloupe on a clean cutting board and put on cutting gloves.
  3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.  
CCP: Hold for service at 41F or lower.  
One cantaloupe yields about 10 4 oz (1/2cup) servings.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	26.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	12.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	0.50g
<b>Sugar</b>	6.50g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 252.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# HS Assorted Fruit

<b>Servings:</b>	9.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.416
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Muffin & String Cheese

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35472

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 168-1Z BONGARDS	6 Each		579050
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p><b>MICROWAVE THAWING DIRECTIONS:</b> Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p><b>MICROWAVE HEATING (1000 WATT HIGH POWER):</b> Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p><b>THAW</b> Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p><b>MICROWAVE THAWING DIRECTIONS:</b> Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p><b>MICROWAVE HEATING (1000 WATT HIGH POWER):</b> Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p><b>THAW</b> Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p><b>READY_TO_EAT</b> Thaw and serve.</p>	262343

## Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	5.17g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	323.33mg
<b>Carbohydrates</b>	30.17g
<b>Fiber</b>	1.67g
<b>Sugar</b>	15.83g
<b>Protein</b>	9.67g
<b>Vitamin A</b> 2.40IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 218.50mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	76.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	14.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.40g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Granola or Granola Bar Variety -1oz

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35997

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265901
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR GRANOLA OAT&HNY 6-18CT NATVLLY	1 Package		650330

## Preparation Instructions

This recipe shows the 7 different granola bar & granola packet varieties that can be offered.

The recipe nutrient information shows the average of 7 bars, so specific nutrient information should be obtained from the package wrapper.

To Serve: One packet of IW granola + one container of yogurt of choice. (See Yogurt Variety Recipe)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.036
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	155.71
<b>Fat</b>	4.14g
<b>SaturatedFat</b>	0.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	118.57mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.71g
<b>Sugar</b>	9.57g
<b>Protein</b>	2.43g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 137.14mg	<b>Iron</b> 1.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chili & Tostitos

<b>Servings:</b>	82.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35744

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	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 BOIL KEEP FROZENPlace 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
SOUR CREAM PKT FF 100-1Z LOL	82 Each	READY_TO_EAT None	853190
CHIP TORTL RND R/F 64-1.45Z TOSTIT	82 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

## Preparation Instructions

### Chili Preparation

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.

Sere 6 oz of chili in a bowl with bag of Tostitos. Offer sour cream on side as optional.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.008
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.382
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	377.62
<b>Fat</b>	12.02g
<b>SaturatedFat</b>	2.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.13mg
<b>Sodium</b>	420.93mg
<b>Carbohydrates</b>	48.06g
<b>Fiber</b>	7.02g
<b>Sugar</b>	7.02g
<b>Protein</b>	18.05g
<b>Vitamin A</b> 1257.08IU	<b>Vitamin C</b> 19.08mg
<b>Calcium</b> 151.21mg	<b>Iron</b> 3.61mg

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

## Nutrition - Per 100g

<b>Calories</b>	222.00
<b>Fat</b>	7.07g
<b>SaturatedFat</b>	1.59g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.30mg
<b>Sodium</b>	247.47mg
<b>Carbohydrates</b>	28.25g
<b>Fiber</b>	4.12g
<b>Sugar</b>	4.13g
<b>Protein</b>	10.61g
<b>Vitamin A</b> 739.04IU	<b>Vitamin C</b> 11.22mg
<b>Calcium</b> 88.89mg	<b>Iron</b> 2.12mg

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

# Chicken Caesar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35742

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Convection Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING CAESAR REGAL 4- 1GAL PMLL	1/4 Cup	Portion 2 oz into a 2 oz souffle cup.	726079

## Preparation Instructions

1. Cook and cool chicken according to package instruction.
2. Place chicken in bowl and toss to coat with Caesar dressing.
3. Lay tortilla on prep table and sprinkle lettuce across it, then top with cooked fajita chicken and cheese.
4. Wrap like a burrito, folding in sides as you roll.

Serve with side of Caesar sauce.

CCP: Serve chilled at 41° or below for cold service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.867
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	661.44
<b>Fat</b>	45.53g
<b>SaturatedFat</b>	12.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	99.67mg
<b>Sodium</b>	1268.00mg
<b>Carbohydrates</b>	36.89g
<b>Fiber</b>	1.01g
<b>Sugar</b>	3.01g
<b>Protein</b>	27.94g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 321.57mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders w/ Doritos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z 4-7.7	4 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain	533830
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Can also order Cool Ranch #541502	456090

## Preparation Instructions

1. Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
2. Assemble 4 strips a boat and serve with a bag of Doritos.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	570.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1000.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	42.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 3.50mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef Soft Taco w/ chips & salsa

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30703

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	<b>READY_TO_EAT</b> 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

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.430
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.620
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

### Amount Per Serving

<b>Calories</b>	405.50
<b>Fat</b>	16.90g
<b>SaturatedFat</b>	7.45g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	48.30mg
<b>Sodium</b>	747.12mg
<b>Carbohydrates</b>	38.25g
<b>Fiber</b>	5.88g
<b>Sugar</b>	5.88g
<b>Protein</b>	19.31g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 202.01mg	<b>Iron</b> 2.87mg

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

## Nutrition - Per 100g

<b>Calories</b>	451.22
<b>Fat</b>	18.81g
<b>SaturatedFat</b>	8.29g
<b>Trans Fat</b>	0.30g
<b>Cholesterol</b>	53.75mg
<b>Sodium</b>	831.35mg
<b>Carbohydrates</b>	42.57g
<b>Fiber</b>	6.55g
<b>Sugar</b>	6.55g
<b>Protein</b>	21.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.79mg	<b>Iron</b> 3.19mg

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



# Roasted Cauliflower

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30465

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

## Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		50.90	
<b>Fat</b>		4.58g	
<b>SaturatedFat</b>		0.42g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		130.20mg	
<b>Carbohydrates</b>		2.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	24.10mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.21mg

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

## Nutrition - Per 100g

<b>Calories</b>		44.89	
<b>Fat</b>		4.04g	
<b>SaturatedFat</b>		0.37g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		114.82mg	
<b>Carbohydrates</b>		1.76g	
<b>Fiber</b>		0.88g	
<b>Sugar</b>		0.88g	
<b>Protein</b>		0.88g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	21.25mg
<b>Calcium</b>	9.70mg	<b>Iron</b>	0.19mg

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# Fresh Winter Citrus Mix

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33223
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

## Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

CCP: Hold for cold service at 41° or less.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.766
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	205.24
<b>Fat</b>	0.73g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	50.89g
<b>Fiber</b>	8.46g
<b>Sugar</b>	24.13g
<b>Protein</b>	4.07g
<b>Vitamin A</b> 3952.07IU	<b>Vitamin C</b> 159.71mg
<b>Calcium</b> 126.42mg	<b>Iron</b> 0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast French Toast & Sausage Links(MS/HS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36025

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F	352740
FRENCH TST STIX WGRAIN 300-.867Z PAP	4 Each	Bake from Frozen. Convection Oven: Preheat to 325F. Place a single layer of sticks on baking sheet. Bake 8 minutes. Conventional Oven: Preheat oven to 350F. Place in a single layer and bake for 12 minutes.	646222

## Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 4 sticks and 2 links in a boat or cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.333
<b>Grain</b>	1.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	333.33
<b>Fat</b>	12.67g
<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	200.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	30.67g
<b>Fiber</b>	2.67g
<b>Sugar</b>	10.67g
<b>Protein</b>	22.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 74.67mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted 2oz Cereal Bowls

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35666
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	Honey Cheerios are also available to order: #261799	105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
Cocoa Puffs 2 oz	1 Each		105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	212.00
<b>Fat</b>	3.30g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	292.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	14.60g
<b>Protein</b>	3.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.00mg	<b>Iron</b> 5.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Brunch for Lunch Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35765

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222
EGG SCRMBD LIQ MIX 6-5 DEB EL	4 Ounce	2 oz scrambled eggs =1.25 oz Meat Alternate	616631
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	<b>GRILL</b> This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. <b>Flat Grill</b> Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each	BAKE	160090

## Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.429
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	697.14
<b>Fat</b>	23.11g
<b>SaturatedFat</b>	6.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	522.57mg
<b>Sodium</b>	876.57mg
<b>Carbohydrates</b>	80.43g
<b>Fiber</b>	4.00g
<b>Sugar</b>	38.43g
<b>Protein</b>	38.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 188.57mg	<b>Iron</b> 3.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cool Ranch Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30475

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	2. Lay out tortillas.	882700
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon	3. Spread 2 T ranch dressing across each tortilla.	676210
TOMATO 6X6 LRG 10 MRKN	2 Slice	4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.	199001
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595

## Preparation Instructions

1. Bake and cool chicken.  
Conventional Oven: 8-10 minutes at 400°F from frozen.  
Convection Oven: 6-8 minutes at 375°F from frozen.  
CCP: Heat to a minimum temperature of 165F.  
Cool chicken completely.  
CCP: Hold cold, below 41 degrees, until ready for assembly and service.
2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.
5. Place 1 piece of leaf lettuce on top of tomatoes.
6. Roll tightly.  
CCP: Hold for cold service at 41F or lower.  
Serve with a small ranch packet on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	558.78		
<b>Fat</b>	32.11g		
<b>SaturatedFat</b>	7.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	790.51mg		
<b>Carbohydrates</b>	49.88g		
<b>Fiber</b>	7.61g		
<b>Sugar</b>	5.25g		
<b>Protein</b>	20.46g		
<b>Vitamin A</b>	708.08IU	<b>Vitamin C</b>	6.58mg
<b>Calcium</b>	87.12mg	<b>Iron</b>	4.16mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27769
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

## Preparation Instructions

Use a # scoop for portioning the sloppy joe.  
CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.150
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	293.90		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	2.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.64mg		
<b>Sodium</b>	873.27mg		
<b>Carbohydrates</b>	36.92g		
<b>Fiber</b>	2.79g		
<b>Sugar</b>	11.93g		
<b>Protein</b>	19.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.75mg	<b>Iron</b>	3.79mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Popcorn Chicken Basket (Elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35758
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Piece	5 poppers = 2 meat/1 grain	536790
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

## Preparation Instructions

1. Cook chicken according to package instructions.
  2. Assemble 6 chicken pieces and roll in a boat.
- CCP: Hold at 135F or higher for service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	705.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30718

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	COOK FROM FROZEN OR THAW UNDER REFRIGERATION BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. CCP: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE FOR 15 SEC OR MORE.	890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Cook from frozen. There are about 84 cups per case (14 per bag). Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
BROCCOLI CUTS 6-4 GCHC	4 Ounce		610871

## Preparation Instructions

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended.

CN Equivalency = 2 M/MA (Serving size = 2.85oz)

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

To assemble, place 1/2 cup rice in a bowl and top with #12 scoop of chicken, broccoli, and sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.300
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	439.52
<b>Fat</b>	7.82g
<b>SaturatedFat</b>	1.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	837.28mg
<b>Carbohydrates</b>	66.60g
<b>Fiber</b>	7.40g
<b>Sugar</b>	11.60g
<b>Protein</b>	26.20g
<b>Vitamin A</b> 1174.62IU	<b>Vitamin C</b> 64.07mg
<b>Calcium</b> 83.62mg	<b>Iron</b> 2.42mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks w/ Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<b>Convection Oven</b> 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <b>CAUTION: FILLING MAY BE HOT!</b> 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <b>Thawing Instructions</b> 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	493.90
<b>Fat</b>	15.20g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	859.70mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Berry Spinach Side Salad

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 Pound	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.	329401
CHEESE FETA CRMBL 4-2.5 P/L	5 Pound		716685
STRAWBERRY 8 MRKN	8 Pound	Thoroughly wash and dry berries. Slice.	212768
DRESSING RASP VINAG FF 6-32Z KENS	2 Tablespoon		877910

## Preparation Instructions

1. Place spinach in a large bowl with sliced strawberries and feta cheese.
  2. Toss to mix.
  3. Portion 8 oz servings and keep chilled until time to serve.
- CCP: Keep in cold holding at 40 F until time to serve.
4. Immediately before serving, drizzle 2 oz Raspberry vinaigrette over the top of each salad.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Serving

### Amount Per Serving

<b>Calories</b>	44.41
<b>Fat</b>	1.89g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	76.37mg
<b>Carbohydrates</b>	5.81g
<b>Fiber</b>	2.82g
<b>Sugar</b>	2.48g
<b>Protein</b>	3.21g
<b>Vitamin A</b> 80.44IU	<b>Vitamin C</b> 26.67mg
<b>Calcium</b> 69.08mg	<b>Iron</b> 2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kiwi with Blueberries

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29649
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

## Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

CCP: Hold for cold service at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	30.72		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.45mg		
<b>Carbohydrates</b>	7.62g		
<b>Fiber</b>	1.32g		
<b>Sugar</b>	5.34g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	23.98IU	<b>Vitamin C</b>	4.31mg
<b>Calcium</b>	5.76mg	<b>Iron</b>	0.15mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22379
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	265.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tikka Masala

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35796

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> 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	<b>SIMMER</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	610.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	1260.00mg
<b>Carbohydrates</b>	88.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	28.00g

<b>Vitamin A</b>	900.00IU	<b>Vitamin C</b>	7.20mg
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<b>Calcium</b>	116.00mg	<b>Iron</b>	8.04mg
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\*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

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Hoagie

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Drumstick w/ mac & cheese (elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35788
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> 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. <b>CONVECTION</b> 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	4 Ounce		119122
Whole Grain Dinner Roll	1 Each	<b>READY_TO_EAT</b> Ready to eat	3920

## Preparation Instructions

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

Mac & Cheese: 4oz =1oz M/MA and 0.5 oz grain

Roll = 1oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	510.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1395.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	34.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 364.50mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna w/ garlic toast

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28409
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.290
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli with Cheese

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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

<b>Meat</b>	0.042
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Roasted Carrots w/ pesto

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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



# Baked Potato

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Corn on the Cob

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ear	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Ear

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fish Po' Boy Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35776

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sub Bun 6"	1 Each	READY_TO_EAT	3744
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	10 Each	BAKE COOKING INSTRUCTIONS: Cook from frozen state. CONVENTIONAL OVEN: Bake at 400°F for 15 - 16 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. FRYER: Deep fry at 360°F for 3 1 2 minutes	402655
TOMATO ROMA XL 25 MRKN	3 Slice	Can order tomatoes from Piazza	108051
PICKLE DILL SLCD HAMB 4-1GAL GCHC	4 Slice		149195
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/4 Cup		198226

## Preparation Instructions

1. Bake pollock according to package directions.  
CCP: Hold at 135 or higher for service.
2. While baking, make Remoulade sauce from coleslaw base. (Remoulade recipe.)
3. To assemble, open sub bun and arrange fish along the bottom bun.
4. Add tomato and pickle slices, then sprinkle with cabbage mix.
5. Drizzle Remoulade sauce along the top of the slaw and place top bun on.
6. Place sandwich in boat and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	4.125
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.042
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	436.67
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.75mg
<b>Sodium</b>	1085.83mg
<b>Carbohydrates</b>	58.33g
<b>Fiber</b>	5.83g
<b>Sugar</b>	7.75g
<b>Protein</b>	21.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.83mg	<b>Iron</b> 3.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Remoulade Sauce

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226
RELISH DILL PICKLE FCY 4-1GAL GCHC	1/4 Cup		156248
SAUCE HORSERADISH PKT 200-12GM FLVRFR	4 Package		758141
SAUCE HOT 200-3GM PC PKT GCHC	6 Each		714590
JUICE LEMON 8-48FLZ RLLEM	1 Tablespoon	Can also use fresh lemon	864061
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon		109843
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881

## Preparation Instructions

1. Start with coleslaw base.
2. To 1 cup mixed base add pickle relish, horseradish, hot sauce, lemon juice, worcestershire, and garlic powder. Season to taste with salt & pepper.
3. Mix well and chill.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	27.08		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	184.17mg		
<b>Carbohydrates</b>	1.92g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.75g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.17mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	47.77		
<b>Fat</b>	2.65g		
<b>SaturatedFat</b>	1.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.41mg		
<b>Sodium</b>	324.81mg		
<b>Carbohydrates</b>	3.38g		
<b>Fiber</b>	0.29g		
<b>Sugar</b>	1.32g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.17mg	<b>Iron</b>	0.00mg

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# Crispy Chicken Bacon Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25897
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon		676210

## Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.536
<b>Grain</b>	3.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	699.11
<b>Fat</b>	40.60g
<b>SaturatedFat</b>	11.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.00mg
<b>Sodium</b>	1216.00mg
<b>Carbohydrates</b>	50.52g
<b>Fiber</b>	7.01g
<b>Sugar</b>	6.01g
<b>Protein</b>	40.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.67mg	<b>Iron</b> 4.47mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Cheesesteak Sandwich

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	10 Pound	Thaw under refrigeration. To Cook: CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES	710831
PEPPERS & ONION FLME RSTD 6-2.5	3 4/7 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
Whole Grain Sub Bun 6"	40 Each	READY_TO_EAT	3744

## Preparation Instructions

BEEF: A 4oz serving provides 2oz of M/MA.

There are 40- 40oz servings per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.015
<b>OtherVeg</b>	0.030
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	371.36
<b>Fat</b>	15.02g
<b>SaturatedFat</b>	5.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	1229.85mg
<b>Carbohydrates</b>	33.35g
<b>Fiber</b>	3.24g
<b>Sugar</b>	9.00g
<b>Protein</b>	22.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.38mg	<b>Iron</b> 3.29mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Biscuits & Sausage Gravy

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	25 Each	USE #685000 right now while we are experiencing supply chain issues!	126962

## Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 1 sausage patty.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. \*FOR BEST RESULTS, DO

NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	426.08		
<b>Fat</b>	27.51g		
<b>SaturatedFat</b>	11.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.43mg		
<b>Sodium</b>	795.02mg		
<b>Carbohydrates</b>	27.17g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.69g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	68.54mg	<b>Iron</b>	9.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon-Roasted Butternut Squash

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30938

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh 1/2" diced butternut squash	10 Pound		02081
SUGAR BROWN LT 12-2 P/L	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Cup		842061
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723

## Preparation Instructions

1. Spread butternut squash evenly across sheet pans in an even layer.
  2. Mix brown sugar, sugar, and cinnamon in a large baggie or a bowl.
  3. Sprinkle seasoning blend evenly across the top of squash.
  3. Roast at 375F for about 20-30 minutes of until fork-tender and starting to brown.
- CCP: Hold at 135F or higher for hot service.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	106.41
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.80mg
<b>Carbohydrates</b>	28.30g
<b>Fiber</b>	1.40g
<b>Sugar</b>	21.60g
<b>Protein</b>	0.70g
<b>Vitamin A</b> 7400.00IU	<b>Vitamin C</b> 14.50mg
<b>Calcium</b> 33.00mg	<b>Iron</b> 0.49mg

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

## Nutrition - Per 100g

<b>Calories</b>	93.84
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.47mg
<b>Carbohydrates</b>	24.96g
<b>Fiber</b>	1.23g
<b>Sugar</b>	19.05g
<b>Protein</b>	0.62g
<b>Vitamin A</b> 6525.68IU	<b>Vitamin C</b> 12.79mg
<b>Calcium</b> 29.10mg	<b>Iron</b> 0.43mg

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

# Roasted Edamame

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

1. Preheat oven to 400F
  2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
  3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.
- CCP: Cook to a min. internal temp of 140F.  
CCP: Hold for hot service at 135F or higher.  
Serve with a 4 oz spoodle.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	70.21		
<b>Fat</b>	3.54g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	79.83mg		
<b>Carbohydrates</b>	3.76g		
<b>Fiber</b>	2.42g		
<b>Sugar</b>	1.21g		
<b>Protein</b>	5.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.30mg	<b>Iron</b>	1.09mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sidekick Slushie Cups

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT No prep needed.	863890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.67g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	1250.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Chicken BLT Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35911

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.	152121
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	ready to eat	
TOMATO RANDOM 2 25 MRKN	2 Slice	Order Piazza tomatoes #00760 or 0030	508616
LETTUCE LEAF DELI 2- 5 RSS	1 Slice	Order Piazza leaf lettuce #00483	416593
BACON SLCD 18-22CT FZ 15 KE	2 Slice		247669
MAYONNAISE LT PKT 200-12GM GCHC	1 Each		188741

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F

PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL.

BAKE FOR APPROXIMATELY 16-20 MINUTES

Heat to 165 F for 15 seconds.

Transfer patties to a steam table pan.

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

Serve 1 patty on a whole grain bun. Top with all veggies and add mayo as optional to pick up on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.400
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	414.21		
<b>Fat</b>	16.16g		
<b>SaturatedFat</b>	3.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.00mg		
<b>Sodium</b>	898.18mg		
<b>Carbohydrates</b>	32.97g		
<b>Fiber</b>	3.05g		
<b>Sugar</b>	6.08g		
<b>Protein</b>	32.72g		
<b>Vitamin A</b>	599.76IU	<b>Vitamin C</b>	9.86mg
<b>Calcium</b>	96.53mg	<b>Iron</b>	3.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken & Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 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.	281731
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.167
<b>Grain</b>	3.583
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

### Amount Per Serving

<b>Calories</b>	631.77
<b>Fat</b>	35.00g
<b>SaturatedFat</b>	10.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	887.00mg
<b>Carbohydrates</b>	54.19g
<b>Fiber</b>	8.01g
<b>Sugar</b>	3.84g
<b>Protein</b>	28.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 196.67mg	<b>Iron</b> 4.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Burrito Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25977
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/2 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

To serve:

Place 1 #6 scoop of rice, top with #6 scoop of chicken taco meat,

Add 1/2 cup black beans and 1/2 C corn. Top with tortilla shell.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.562
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	649.59
<b>Fat</b>	11.78g
<b>SaturatedFat</b>	6.11g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	29.96mg
<b>Sodium</b>	891.95mg
<b>Carbohydrates</b>	103.56g
<b>Fiber</b>	11.16g
<b>Sugar</b>	11.51g
<b>Protein</b>	26.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 301.41mg	<b>Iron</b> 6.13mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken w/ cornbread bites (MS/HS)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35679

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499

## Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.

CCP: Hold at 135F or higher for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.533
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	457.67
<b>Fat</b>	19.67g
<b>SaturatedFat</b>	6.33g
<b>Trans Fat</b>	0.09g
<b>Cholesterol</b>	70.67mg
<b>Sodium</b>	955.73mg
<b>Carbohydrates</b>	46.40g
<b>Fiber</b>	4.27g
<b>Sugar</b>	6.00g
<b>Protein</b>	24.73g
<b>Vitamin A</b> 240.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.11mg	<b>Iron</b> 2.55mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Double Egg & Cheese on Hawaiian Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Sandwiches	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34408

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	2 Each		149052
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
Egg Patty	4 Each		110931

## Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the hawaiian rolls on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble 2 egg patties onto each hawaiian roll and top with 2 slices of cheese.

Bag or wrap TWO sandwiches for 1 serving and hold for hot service at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	6.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Sandwiches

### Amount Per Serving

<b>Calories</b>	720.00
<b>Fat</b>	46.00g
<b>SaturatedFat</b>	18.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	560.00mg
<b>Sodium</b>	1700.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	32.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 346.00mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28426
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	2 Cup	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	70.72		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	93.58mg		
<b>Carbohydrates</b>	9.22g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	6.99g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.05mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Smashed Red Potatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35696

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED B SZ 50 MRKN	50 Pound		200476
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SPICE ROSEMARY LEAF 6Z TRDE	1 Teaspoon		138310

## Preparation Instructions

1. Place washed potatoes in hotel pans and steam until fork-tender.
2. Drizzle sheet pans with olive oil and place tender potatoes on the pan, leaving space between each potato (to smash).
3. With a large fork or potato masher, press down each potato twice in an "X" until it mashes, placing any filling caught in the fork/masher back on top of the potato.
4. Drizzle the tops of the potatoes with olive oil and sprinkle with salt & pepper and rosemary, chives, or other herbs. Add a sprinkle of grated parmesan if desired.
5. Bake 20-25 minutes until golden brown and sizzling.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	175.87
<b>Fat</b>	0.41g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13.60mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.07g
<b>Sugar</b>	2.67g
<b>Protein</b>	4.53g
<b>Vitamin A</b> 4.53IU	<b>Vitamin C</b> 44.67mg
<b>Calcium</b> 27.20mg	<b>Iron</b> 1.76mg

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

## Nutrition - Per 100g

<b>Calories</b>	155.09
<b>Fat</b>	0.36g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.99mg
<b>Carbohydrates</b>	35.27g
<b>Fiber</b>	4.47g
<b>Sugar</b>	2.35g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 4.00IU	<b>Vitamin C</b> 39.39mg
<b>Calcium</b> 23.99mg	<b>Iron</b> 1.55mg

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

# Roasted Mushrooms

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SALT SEA 36Z TRDE	1 Teaspoon		748590

## Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	11.00		
<b>Fat</b>	0.45g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.00mg		
<b>Carbohydrates</b>	1.10g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	1.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Watermelon Wedge

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	1 Each	*Order Piazza #01815*	326089

## Preparation Instructions

1. Thoroughly wash and dry watermelon.
  2. Place watermelon on a clean cutting board and put on cutting gloves.
  3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

\*Order Piazza #01815\*

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.80		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.75mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	432.44IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	5.32mg	<b>Iron</b>	0.18mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Crispy Fish Tacos w/ remoulade

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35904

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226

## Preparation Instructions

1. Bake fish according to package instruction.  
CCP: Hold at 135F or higher for service.
2. Place 2 6" tortillas in a boat.
3. In each tortilla, arrange 2 fish sticks.
4. Top with plain mixed cabbage (without coleslaw sauce).
5. Drizzle remoulade sauce (recipe) over top of the slaw on each taco, just before service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.167
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	416.67
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	563.33mg
<b>Carbohydrates</b>	55.33g
<b>Fiber</b>	7.33g
<b>Sugar</b>	5.00g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 71.33mg	<b>Iron</b> 3.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fruit & Yogurt Parfait

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28453
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	24 Pound	8 oz yogurt = 2 Meat Alt.	811500
BERRIES BURST O IQF 4-5 GCHC	20 Pound	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT 4- 50Z NATVLLY	1 Package	1 cup granola = 2 oz grain	711664

## Preparation Instructions

Use cup #557200 and either of these lids: #791505 (slot) or #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer.

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.985
<b>Grain</b>	2.083
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	498.88
<b>Fat</b>	11.08g
<b>SaturatedFat</b>	1.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	317.32mg
<b>Carbohydrates</b>	92.10g
<b>Fiber</b>	4.17g
<b>Sugar</b>	50.75g
<b>Protein</b>	12.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 279.91mg	<b>Iron</b> 1.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Pork BBQ Sandwich HS/MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25904

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

## Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Nachos Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27755
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	4 Ounce		135261
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190

## Preparation Instructions

1. Place 2oz (about 20 chips into a boat.
2. Just before service, top with meat and cheese sauce.
3. Serve with sour cream and salsa cup to pick up.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.946
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	601.33
<b>Fat</b>	27.54g
<b>SaturatedFat</b>	11.70g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	72.18mg
<b>Sodium</b>	1450.34mg
<b>Carbohydrates</b>	54.73g
<b>Fiber</b>	5.89g
<b>Sugar</b>	6.89g
<b>Protein</b>	28.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 591.32mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicago Style Hot Dog & Bratwurst Bar (1)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30906

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	REFRIGERATED PRODUCT. KEEP REFRIGERATED AT 40 DEGREES F OR LESS.	304913
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216
Whole Grain Rich Hot Dog Bun	1 bun	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3736

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	341.30		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	1621.10mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	11.30g		
<b>Vitamin A</b>	0.64IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	54.63mg	<b>Iron</b>	8.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicago Style Hot Dog & Bratwurst Bar (2)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30905

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD SKNLS 5/ 2-5 GFS	1 Each	Thaw unopened packages under refrigeration at 35°F for 36 to 48 hours. If packages are removed from the case, identify with date, time and product SKU. Refrigerate opened packages at 35°F, and use within 6 days of opening. Keep thawed, sealed packages refrigerated at 35°F and use within 21 days of thawing	113130
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place bratwurst on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	411.30		
<b>Fat</b>	25.50g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1781.10mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	16.30g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	15.10mg	<b>Iron</b>	1.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Italian Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25996
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.122
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.300
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	571.45
<b>Fat</b>	32.61g
<b>SaturatedFat</b>	12.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.23mg
<b>Sodium</b>	1293.44mg
<b>Carbohydrates</b>	37.90g
<b>Fiber</b>	4.33g
<b>Sugar</b>	7.69g
<b>Protein</b>	34.61g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 152.15mg	<b>Iron</b> 11.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich w/ tomato Soup (Elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22505

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice		1292
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon	5# loaf cheese = 160 slices Top each slice of bread with 3 slices of cheese.	651171
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	4 Slice	Cover with remaining bread slices. Spray tops of sandwiches with butter spray.	247822
SOUP TOMATO 12-5 HLTHYREQ	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232

## Preparation Instructions

Bake sandwiches until lightly browned in a 350° convection oven for approximately 10 minutes. DO NOT OVERBAKE.

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.260
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1500.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 514.00mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Honey Sriracha Boneless Chicken Wing Basket

<b>Servings:</b>	88.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES JOJO JR SEAS 6-5# LAMB	30 Pound	<b>Cooking Instructions</b> Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes. Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.	445353
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	88 Each		159791
CHIX BRST CHNK BRD SRIRACHA 4-7.12	30 Pound		750892

## Preparation Instructions

Boneless Wings:

Convection Oven, From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and fries in a boat and serve with cornbread.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	662.84
<b>Fat</b>	27.46g
<b>SaturatedFat</b>	4.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.69mg
<b>Sodium</b>	913.68mg
<b>Carbohydrates</b>	78.18g
<b>Fiber</b>	6.36g
<b>Sugar</b>	19.98g
<b>Protein</b>	29.84g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.62mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo w/Bread stick

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28449
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	15 Pound		413360
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	160 Each	Serve 1 each	512723

## Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.449
<b>Grain</b>	2.280
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	276.39
<b>Fat</b>	5.45g
<b>SaturatedFat</b>	1.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.36mg
<b>Sodium</b>	296.83mg
<b>Carbohydrates</b>	37.02g
<b>Fiber</b>	2.56g
<b>Sugar</b>	1.01g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.40mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

<b>Calories</b>	162.49
<b>Fat</b>	3.20g
<b>SaturatedFat</b>	0.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.14mg
<b>Sodium</b>	174.50mg
<b>Carbohydrates</b>	21.76g
<b>Fiber</b>	1.50g
<b>Sugar</b>	0.59g
<b>Protein</b>	11.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.45mg	<b>Iron</b> 1.35mg

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

# Veggie Lovers Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	8 Serving	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from frozen state. <b>PREHEAT OVEN.</b> FOR FOOD SAFETY AND QUALITY <b>COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> CONVECTION OVEN: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.0 - 9.0 minutes. CONVENTIONAL OVEN: SINGLE SLICE 1. Preheat oven to 400°F. 2. Separate one slice from frozen pizza. 3. Place pizza slice on baking sheet or pizza pan. 4. Place pan on middle oven rack and bake for 13 to 15 minutes. WHOLE PIZZA 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. Pizza is done when all cheese is melted.</p> <p>MICROWAVE (1100W) ONE SLICE: 1. SEPARATE ONE SLICE FROM FROZEN PIZZA. 2. PLACE PIZZA SLICE ON MICROWAVE SAFE PLATE. 3. PLACE IN CENTER OF MICROWAVE AND COOK ON HIGH FOR 1 MINUTE 45 SECONDS TO 2 MINUTES 15 SECONDS. PIZZA IS DONE WHEN ALL CHEESE IS MELTED. NOTE: Rotate product half-way through bake time in 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.</p>	444115
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup		324531
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1/4 Cup	Or order piazza onions #00049 or 00609	285371
PEPPERS SWT MINI 20 P/L	4 Ounce	Slice peppers into thin rings. Can also order Piazza 00482.	667582
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	Dice into very small pieces.	732451
MUSHROOM LRG XFCY 3 MRKN	1/4 Cup		285188

## Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN

AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

To one frozen pizza, add the toppings in the amount above.

Bake as directed.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.016
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.111
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	373.78
<b>Fat</b>	16.64g
<b>SaturatedFat</b>	8.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	508.72mg
<b>Carbohydrates</b>	36.69g
<b>Fiber</b>	4.47g
<b>Sugar</b>	6.65g
<b>Protein</b>	18.30g
<b>Vitamin A</b> 17.82IU	<b>Vitamin C</b> 2.96mg
<b>Calcium</b> 384.45mg	<b>Iron</b> 2.35mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Cauliflower

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35745

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Quart		135261
CAULIFLOWER 6-4 GCHC	24 Pound		610882

## Preparation Instructions

1. Place cauliflower 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

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.583
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	64.58
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	208.75mg
<b>Carbohydrates</b>	4.42g
<b>Fiber</b>	1.75g
<b>Sugar</b>	0.58g
<b>Protein</b>	4.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.92mg	<b>Iron</b> 0.58mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Balsamic Brussels Sprouts

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35907

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound		855201
VINEGAR BALSM IMPRTD 2-5LTR FAMOSO	6 Tablespoon		382971
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Tablespoon		732900
HONEY 4-6 GCHC	2 Tablespoon		225614
SALT SEA 36Z TRDE	1 Teaspoon		748590

## Preparation Instructions

1. Directly on a foil-lined baking sheet, toss the halved Brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
2. Drizzle the remaining tablespoon of oil, the balsamic vinegar and the honey over the roasted Brussels sprouts; toss to coat evenly.
3. Taste and adjust seasoning, if necessary, then serve.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	185.70
<b>Fat</b>	4.70g
<b>SaturatedFat</b>	0.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	143.00mg
<b>Carbohydrates</b>	33.15g
<b>Fiber</b>	13.20g
<b>Sugar</b>	9.15g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 2654.08IU	<b>Vitamin C</b> 299.20mg
<b>Calcium</b> 147.84mg	<b>Iron</b> 4.92mg

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

## Nutrition - Per 100g

<b>Calories</b>	163.76
<b>Fat</b>	4.14g
<b>SaturatedFat</b>	0.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	126.10mg
<b>Carbohydrates</b>	29.23g
<b>Fiber</b>	11.64g
<b>Sugar</b>	8.07g
<b>Protein</b>	10.58g
<b>Vitamin A</b> 2340.50IU	<b>Vitamin C</b> 263.85mg
<b>Calcium</b> 130.37mg	<b>Iron</b> 4.34mg

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# Buffalo Chicken Quesadilla

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33424

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	0 Ounce	Use this when back in stock.	570533
CHIX DCD 1/2 WHT CKD 2-5 GCHC	16 Pound	1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	599697
SAUCE HOT REDHOT 12-23FLZ FRNKS	1/2 Cup		557609
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
TORTILLA FLOUR 10 12-12CT GRSZ	80 Each	READY_TO_EAT	713340

## Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Lay out a line of tortillas and line several sheet pans with parchment paper.
4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	322.50		
<b>Fat</b>	6.90g		
<b>SaturatedFat</b>	2.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.42mg		
<b>Sodium</b>	463.34mg		
<b>Carbohydrates</b>	32.05g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.05g		
<b>Protein</b>	32.08g		
<b>Vitamin A</b>	60.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.74mg	<b>Iron</b>	2.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35892

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX 2-5 BRICK	3/4 Cup		964668
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
Whole Grain Rich White/Wheat sliced bread	2 Slice		1290

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.820
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	709.00
<b>Fat</b>	49.73g
<b>SaturatedFat</b>	6.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.64mg
<b>Sodium</b>	1351.82mg
<b>Carbohydrates</b>	37.25g
<b>Fiber</b>	2.08g
<b>Sugar</b>	4.35g
<b>Protein</b>	31.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.03mg	<b>Iron</b> 8.91mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Loaded Totchos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35893

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
POTATO TATER TOTS 6- 5 LMBSUPR	4 Ounce	DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

## Preparation Instructions

1. Place serving of tater tots in the bottom of a boat.
  2. Top with the ground beef and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.446
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	724.67
<b>Fat</b>	32.71g
<b>SaturatedFat</b>	12.12g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	62.18mg
<b>Sodium</b>	1700.34mg
<b>Carbohydrates</b>	67.57g
<b>Fiber</b>	7.56g
<b>Sugar</b>	8.23g
<b>Protein</b>	27.28g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 475.49mg	<b>Iron</b> 3.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Manhattan

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	14 Pound		653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	42 Ounce	1 Bag = 26 oz.	166872
24 oz. Whole Grain Rich Sandwich Bread	112 Slice		1292
MARGARINE CUP SPRD 900-5GM CENTRYCR	56 Each		542121

## Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	354.23
<b>Fat</b>	10.23g
<b>SaturatedFat</b>	1.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.27mg
<b>Sodium</b>	986.15mg
<b>Carbohydrates</b>	41.62g
<b>Fiber</b>	2.92g
<b>Sugar</b>	2.92g
<b>Protein</b>	25.15g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 3.32mg
<b>Calcium</b> 26.46mg	<b>Iron</b> 8.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Country Breakfast Bowl

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35799

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	15 Pound	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN Bake potatoes at 375°F for 12-17 minutes in a single layer on a greased sheet pan. FLAT TOP GRILL Heat ¼ cup oil. Cook a single layer of potatoes for 15-18 minutes at 375°F, turning as needed.	850675
EGG SCRMBD CKD FZ 4-5 CARG	20 Pound	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
PORK CRMBL CKD 120/Z W/TVP 10 PG	10 Pound		499595
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
ONION GREEN CLPD 4-2 RSS	1 Pound		198889
DOUGH BISC STICK 250-1.25Z RICH	80 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
SALSA CUP 84-3Z REDG	80 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT FF 100-1Z LOL	80 Each	READY_TO_EAT None	853190

## Preparation Instructions

1. Cook eggs: PLACE SCRAMBLED EGGS IN 2" DEEP 1/2 SIZE HOTEL PAN. COVER TIGHTLY WITH ALUMINUM FOIL. CONVECTION OVEN: 20-25 MINUTES AT 325 DEGREES F. MICROWAVE: 8-10 MINUTES. STIR PRE COOKED SCRAMBLED EGGS ONCE DURING COOKING.
2. Bake potatoes and pork crumbles to package directions.
3. In serving bowl, dish out 4 oz potatoes on the bottom.
4. Top potatoes with 2 oz scrambled eggs, 2 oz pork crumbles, 1 oz shredded cheese, and 1 oz sliced green onions.
5. Serve with salsa and sour cream optional on the side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.514
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.082

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	605.89
<b>Fat</b>	38.19g
<b>SaturatedFat</b>	17.28g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	445.32mg
<b>Sodium</b>	1622.91mg
<b>Carbohydrates</b>	26.28g
<b>Fiber</b>	0.63g
<b>Sugar</b>	6.16g
<b>Protein</b>	29.65g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 367.88mg	<b>Iron</b> 8.99mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Deli Wrap MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27754
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA JALAP CHS WGRAIN 9 12-12CT	1 Each	Lay out on a sheet tray or paper liner.	673491
DRESSING RNCH 4-1 GAL KE	1 Tablespoon		631430
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

## Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	348.43
<b>Fat</b>	16.14g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.41mg
<b>Sodium</b>	1004.66mg
<b>Carbohydrates</b>	29.27g
<b>Fiber</b>	2.01g
<b>Sugar</b>	2.76g
<b>Protein</b>	23.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 262.67mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

<b>Servings:</b>	33.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30702
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	33 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	10 Pound		553982

## Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 4 jumbo ravioli and sauce into a bowl and top with a slice of garlic toast.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.626
<b>Grain</b>	3.063
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.980
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 4.00 Piece

### Amount Per Serving

<b>Calories</b>	443.40
<b>Fat</b>	14.38g
<b>SaturatedFat</b>	2.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.23mg
<b>Sodium</b>	967.54mg
<b>Carbohydrates</b>	56.61g
<b>Fiber</b>	4.19g
<b>Sugar</b>	9.90g
<b>Protein</b>	22.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 185.53mg	<b>Iron</b> 3.88mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tenders w/ Sweet Chili Doritos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Strips	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35700

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC 72- 1Z SSV DORIT	1 Package	<b>READY_TO_EAT</b> 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.	788670

## Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.667
<b>Grain</b>	2.833
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Strips

### Amount Per Serving

<b>Calories</b>	476.67		
<b>Fat</b>	25.00g		
<b>SaturatedFat</b>	3.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	42.67g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.00mg	<b>Iron</b>	2.97mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cowboy Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30932

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	2 #10 CAN	Drain and rinse beans.	261475
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	4 Tablespoon		743879
ONION DCD 1/4 2-5 RSS	1 1/2 Cup		198307
TURKEY HAM DCD 2-5 JENNO	1 Pound		202150
SEASONING TACO 21Z TRDE	4 Tablespoon		413429
SUGAR BROWN LT 12-2 GFS	1/2 Cup		314641
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Tablespoon		109843
SALSA 103Z 6-10 REDG	1 Quart	Use 1 qt + 1 cup	452841

## Preparation Instructions

1. Drain and rinse beans.
2. Heat oil in steam table pan in oven, add onion and bake until tender, about 10 minutes.
3. Add remaining ingredients and seasonings to the onions. Mix gently. Cover.
4. Bake in a 300°F oven for ½ hour. Uncover and bake an additional 30 minutes or more until desired consistency. Stir occasionally.

CCP: Heat to 165°F or higher for at least 15 seconds.

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

Serve with a 4 oz spoodle or a #8 scoop.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.210
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.110
<b>OtherVeg</b>	0.010
<b>Legumes</b>	0.520
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	159.60
<b>Fat</b>	1.44g
<b>SaturatedFat</b>	0.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.25mg
<b>Sodium</b>	293.56mg
<b>Carbohydrates</b>	26.13g
<b>Fiber</b>	5.29g
<b>Sugar</b>	3.74g
<b>Protein</b>	8.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.21mg
<b>Calcium</b> 45.14mg	<b>Iron</b> 3.01mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Broccoli Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25979
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

## Preparation Instructions

CCP: Hold for hot service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.100
<b>GreenVeg</b>	0.431
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.050
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50

### Amount Per Serving

<b>Calories</b>	91.70
<b>Fat</b>	1.97g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.80mg
<b>Sodium</b>	107.51mg
<b>Carbohydrates</b>	17.18g
<b>Fiber</b>	2.63g
<b>Sugar</b>	9.33g
<b>Protein</b>	2.88g
<b>Vitamin A</b> 489.86IU	<b>Vitamin C</b> 70.47mg
<b>Calcium</b> 43.94mg	<b>Iron</b> 0.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available