

# **Cookbook for Melvindale High School**

**Created by HPS Menu Planner**

# Table of Contents

**Spicy Chicken Patty Sandwich**

**Beef Soft Taco**

**Cheeseburger**

**Beef Macaroni**

**Nachos with Ground Beef**

**Bean Burrito Bowl**

**Chicken Taco**

**Lentil Taco Salad**

**Popcorn Chicken Bowl**

**Chicken On Biroche with Honey Mustard**

**Walking Tacos**

**Glazed Baby Carrots**

**Chicken Salad Wrap**

**Twisted Breadstick**

**Meatball Sub**

**Lunch Lady Egg Salad**

**Cole Slaw**

**Hummus Veggie Wrap**

**Tuna Salad Sandwich**

**Cucumber Salad**

# Spicy Chicken Patty Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35980

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Serving	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Serving	<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.	327080

## Preparation Instructions

Cook chicken to package instructions. Place bottom portions of hamburger buns on bun pan. Place the cooked chicken patties on the buns. Cover with bun top. Sandwiches may be wrapped in deli paper, waxed paper, foil sheets, plastic wrap, or placed in sandwich bags.

## 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Soft Taco

<b>Servings:</b>	100.00	<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-35981

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Serving		882690
CHEESE CHED MLD SHRD 4-5 LOL	100 Serving	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	100 Serving		722330
Lettuce 1/8 Shredded 5#	100 Serving		2793
Fresh Diced Tomatoes	25 Serving	READY_TO_EAT Keep chilled until ready to serve	16P45

## Preparation Instructions

Cook taco meat per package instructions until product reaches 165°. When cooked, open bags carefully and pour contents into full hotel pan. Cover with lid. Place in steamtable.

Assembly: Divide (1) 3oz spoodle of taco meat between the tortillas. Sprinkle 1/8 cup shredded cheddar cheese on each taco. Optional garnish with lettuce and diced tomatoes.

## 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>	0.139
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	397.04
<b>Fat</b>	19.54g
<b>SaturatedFat</b>	11.70g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	62.18mg
<b>Sodium</b>	619.85mg
<b>Carbohydrates</b>	35.73g
<b>Fiber</b>	5.89g
<b>Sugar</b>	3.89g
<b>Protein</b>	22.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 294.32mg	<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

# Cheeseburger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GCHC	100 Serving	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	50 Serving	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Serving	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	661851

## Preparation Instructions

Assemble one hamburger patty and one piece of cheese on bun. Serve immediately or wrap in deli paper, foil sheets, plastic wrap or placed in sandwich bags.

## 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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	6.05g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	56.50mg
<b>Sodium</b>	576.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.00mg	<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



# Beef Macaroni

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35987
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	50 Serving		229941
ONION DCD 1/4 2-5 RSS	28 Serving		198307
TOMATO PASTE FCY 6-10 REDPK	83 Serving	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
BROTH BF NO MSG 12-49Z HRTHSTN	16 Serving	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/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/minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	504599
SPICE GARLIC POWDER 6 TRDE	24 Serving		513857
SPICE CHILI POWDER MILD 16Z TRDE	48 Serving		331473
SPICE CUMIN GRND 15Z TRDE	36 Serving		273945

Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA 16Z TRDE	12 Serving		518331
SPICE ONION POWDER 96Z TRDE	12 Serving		195173
SEASONING ANCHO CHILI 21Z TRDE	48 Serving		748570
CHEESE CHED MLD SHRD 4-5 LOL	28 Serving	READY_TO_EAT Preshredded. Use cold or melted	150250
BEEF CRMBL CKD 6-5	136 Serving	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312
TOMATO DCD PETITE 6-10 GCHC	24 Serving	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

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

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

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

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

Add onions. Heat uncovered for 5 minutes.

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

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

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

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

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

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

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

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	303.03		
<b>Fat</b>	11.28g		
<b>SaturatedFat</b>	4.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.20mg		
<b>Sodium</b>	466.00mg		
<b>Carbohydrates</b>	29.94g		
<b>Fiber</b>	4.41g		
<b>Sugar</b>	7.23g		
<b>Protein</b>	18.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.82mg	<b>Iron</b>	2.61mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Nachos with Ground Beef

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35990
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	24 Serving		331473
SPICE CUMIN GRND 15Z TRDE	18 Serving		273945
SPICE PAPRIKA 16Z TRDE	6 Serving		518331
SPICE ONION POWDER 96Z TRDE	6 Serving		195173
CHEESE AMER SHRD R/F 4-5 LOL	50 Serving	READY_TO_EAT Preshredded. Use cold or melted	861950
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	2 Ounce		466240
CHIP TORTL RND YEL 5-1.5 KE	45 Serving		163020
BEEF CRMBL CKD 6-5	36 Serving	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312

## Preparation Instructions

Ingredients:

- 4.5 pounds ground beef
- 2 tblsp chili powder

1.5 tblsp ground cumin  
 1 1/2 tsp paprika  
 1 1/2 tsp onion powder  
 12.5 cup shredded American cheese  
 jalapeno to garnish  
 1 oz tortilla chips

**Directions:**

Brown ground beef. Drain. Continue immediately.

Add seasoning and mix.

Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Add green chili peppers (optional) and stir to combine.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) taco shell pieces.

If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

**Notes:**

1: Comments: \*See Marketing Guide.

2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

3: Seasoning Mixes) may be used to

4: replace these ingredients. For

5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

**Meal Components (SLE)**

Amount Per Serving

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

**Nutrition Facts**

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

**Amount Per Serving**

<b>Calories</b>	257.40		
<b>Fat</b>	13.59g		
<b>SaturatedFat</b>	5.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.00mg		
<b>Sodium</b>	649.50mg		
<b>Carbohydrates</b>	20.16g		
<b>Fiber</b>	1.84g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	223.70mg	<b>Iron</b>	1.82mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Bean Burrito Bowl

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35991
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	96 Serving		261475
ONION DCD 1/4 2-5 RSS	12 Serving		198307
SPICE GARLIC POWDER 6 TRDE	24 Serving		513857
SPICE PEPR BLK REG FINE GRIND 16Z	4 Serving		225037
SPICE CHILI POWDER MILD 16Z TRDE	24 Serving		331473
SPICE CUMIN GRND 15Z TRDE	48 Serving		273945
SPICE PAPRIKA 16Z TRDE	24 Serving		518331
SPICE ONION POWDER 96Z TRDE	24 Serving		195173
SALT SEA 36Z TRDE	4 Serving		748590
TOMATO PASTE FCY 6-10 REDPK	48 Serving	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
Water	1 3/4 Gallon	READY_TO_DRINK	Water

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	64 Serving	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550
PICO DE GALLO FRSH 5 PEARSON	1		508245
CHEESE CHED MLD SHRD 4-5 LOL	25 Serving	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	63 Serving		722330

## Preparation Instructions

### Directions:

Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.

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

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

Set aside for step 13.

Boil water for step 7.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2").

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

Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.

### Bake:

Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.

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

Remove rice from oven. Fold cilantro into rice. Set aside for step 12.

### Assembly:

#### First layer:

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

#### Second layer:

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

#### Third layer:

Portion pico de gallo with No. 16 scoop (1/4 cup). See G-15 for recipe ingredients and directions.

Garnish each burrito bowl with 1 Tbsp of cheese.

Serve 1 burrito bowl.

### Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving



4: NSLP/SBP Crediting Information: 1 burrito bowl provides:

5: Legume as Meat / Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1/2 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

8: CACFP Crediting Information: 1 burrito bowl provides:

9: Legume as Meat / Meat Alternate: 1 1/2 oz meat/meat alternate, 5/8 cup vegetable, and 1 serving grains/bread.

10: OR

11: Legume as Vegetable: 1/2 oz meat

12: /

13: meat alternate, 7/8 cup vegetable, and 1 serving grains/bread.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and

19: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

20: COOKING BEANS

21: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

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

23: OR

24: Chill for later use.

25: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

26: 1 lb dry pinto beans = about 2 cups dry or 5 1/4 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.360
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	338.43
<b>Fat</b>	6.23g
<b>SaturatedFat</b>	2.63g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	28.92mg
<b>Sodium</b>	472.30mg
<b>Carbohydrates</b>	50.54g
<b>Fiber</b>	7.81g
<b>Sugar</b>	4.57g
<b>Protein</b>	18.84g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 128.97mg	<b>Iron</b> 4.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken Taco

<b>Servings:</b>	100.00	<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-35992
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/4 2-5 RSS	12 Ounce		198307
CORN FZ 30 COMM	1 3/8 Quart		120490
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/3 Tablespoon		225037
TOMATO PASTE FCY 6-10 REDPK	1 3/4 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
Water	3 Quart	READY_TO_DRINK	Water
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 96Z TRDE	1 Tablespoon		195173
CHIX DCD 1/2 WHT CKD 2-5 GCHC	11 1/2 Pound		599697

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 1/8 Gallon	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/4 Gallon		242489
TOMATO ROMA DCD 3/8 2-5 RSS	2 3/4 Pound		786543
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Quart	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	200 Each		714350

## Preparation Instructions

### Directions:

Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.

Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

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

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

See B-03 for recipe ingredients and directions. Set rice aside for step 9.

For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.

Set cheese aside for step 13.

Assembly (2 tacos per serving):

First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.

Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.

Transfer tacos to a steam table pan (12" x 20" x 2 1/2").

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

Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.

Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.

OR

Instruct students to "build" their own tacos.

Serve each student:

2 tacos; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 1 Tbsp 1 tsp (about 1/3 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes:

1: \*Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey taco recipe.

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

3: \*Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

6: CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

### 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	361.37		
<b>Fat</b>	10.38g		
<b>SaturatedFat</b>	3.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.73mg		
<b>Sodium</b>	161.86mg		
<b>Carbohydrates</b>	44.68g		
<b>Fiber</b>	3.26g		
<b>Sugar</b>	2.14g		
<b>Protein</b>	22.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	102.37mg	<b>Iron</b>	1.17mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Lentil Taco Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LENTIL DRY 6-5 GCHC	36 Serving		267591
Water	3 1/2 Quart	READY_TO_DRINK	Water
SAUCE ENCH MLD 4-1GAL ORTG	32 Serving		228031
JUICE LIME 4-1GAL REALIME	24 Serving		199028
SPICE CUMIN GRND 15Z TRDE	8 Serving		273945
LETTUCE ROMAINE RIBBONS 6-2 RSS	63 Serving		451730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Serving		786543
CORN FZ 30 COMM	25 Serving		120490
CHEESE CHED MLD SHRD 4-5 LOL	50 Serving	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z 6-10 REDG	25 Serving	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	452841

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	258.76
<b>Fat</b>	10.82g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	486.50mg
<b>Carbohydrates</b>	32.93g
<b>Fiber</b>	8.20g
<b>Sugar</b>	4.43g
<b>Protein</b>	14.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 221.53mg	<b>Iron</b> 2.49mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Bowl

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving	<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.	327120
CORN FZ 30 COMM	50 Serving	1.5 gallons PLUS 1 cup	120490
BROTH AU JUS RTU 12- 49Z HRTHSTN	50 Serving	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	569721
CHEESE CHED MLD SHRD 4-5 LOL	50 Serving	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
POTATO GRANULES NO MILK 6-5.75 GCHC	100 Serving		118508

## Preparation Instructions

### Ingredients:

18 pounds 12 ounces (about 2 1/3 bag) popcorn chicken

1 1/2 gallons, 1 cup corn

3 quarts, 1/2 cup au jus gravy

12.5 cups shredded cheddar cheese

1. Cook popcorn chicken according to package directions. Hold warm until service.

2. Cook corn in steamer for 15-20 minutes or until internal temperature reaches 135°F. Hold warm until service.

3. Prepare potatoes per package instructions. Hold warm until service.



5. To assemble: Scoop 1/2 cup mashed potatoes into a bowl. Top with 1/4 cups corn, 11 pieces popcorn chicken, 1/8 cup gravy and 1/8 cup cheese.

6. Serve made to order.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	411.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	680.50mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 154.50mg	<b>Iron</b> 2.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken On Biroche with Honey Mustard

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36033

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY DIJON MSTRD 4-1GAL MARZ	1 Serving		506443
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	100 Serving	<b>CONVECTION</b> PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. <b>MICROWAVE</b> PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
BUN BRIOCHE 4 10-12CT ANTMILL	100 Serving	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	485003
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Serving		702595
TOMATO SLCD 1/4 5 RSS	1 Serving		786535
CHEESE AMER 160CT SLCD 6-5 COMM	50 Serving	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	150260

## Preparation Instructions

Bake chicken to package instructions. Heat to 165°F for at least 15 seconds. Assembly: 1 chicken breast on brioche, 1 slc American cheese, 1-2 tablespoons honey mustard, leaf lettuce, and tomato.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	385.98
<b>Fat</b>	10.06g
<b>SaturatedFat</b>	4.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.55mg
<b>Sodium</b>	915.99mg
<b>Carbohydrates</b>	40.11g
<b>Fiber</b>	1.03g
<b>Sugar</b>	6.58g
<b>Protein</b>	32.02g
<b>Vitamin A</b> 41.65IU	<b>Vitamin C</b> 0.28mg
<b>Calcium</b> 166.81mg	<b>Iron</b> 3.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Tacos

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36101
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Serving	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
TACO FILLING BEEF REDC FAT 6-5 COMM	44 Serving	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SALSA 103Z 6-10 REDG	50 Serving	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	452841
Lettuce 1/8 Shredded 5#	25 Serving		2793
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	50 Serving		466240
SAUCE CHS CHED 6-5 JTM	25 Serving	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

## Preparation Instructions

Heat taco filling to package instructions to an internal temperature of 165° or higher. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot at 140° or higher until read to use.

Open bag of fritos or chips. Use #12 scoop of meat and 1 oz. of cheese sauce. Scoop #24 (1/8 cup) of salsa over beef and taco.

Optional garnish: 1/2 oz shredded lettuce, 1/4 oz sour cream, 1/4 oz sliced jalapenos.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	368.53
<b>Fat</b>	15.22g
<b>SaturatedFat</b>	4.88g
<b>Trans Fat</b>	0.26g
<b>Cholesterol</b>	43.92mg
<b>Sodium</b>	1290.21mg
<b>Carbohydrates</b>	38.40g
<b>Fiber</b>	6.76g
<b>Sugar</b>	3.26g
<b>Protein</b>	17.76g
<b>Vitamin A</b> 194.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 185.00mg	<b>Iron</b> 3.34mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Glazed Baby Carrots

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36116
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	100 Serving	Frozen GFS #659825	

## Preparation Instructions

To Steam:

Place no more than 5 pounds of frozen carrots in each perforated steamtable pan.

Steam them for 6 to 8 minutes.

Place the carrots in solid steamtable pans for seasoning and service.

If using solid steamtable pans to steam, drain the liquid from the pans prior to seasoning and service.

To boil carrots:

Place the frozen carrots in braising pans, a steam jacketed kettle, or stockpot.

Cover the carrots with water and bring the liquid to a boil.

Decrease the heat until the water simmers and cook the carrots for 10 to 20 minutes.

Drain the liquid from pans.

Transfer the carrots to solid steamtable pans for seasoning and service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

2.

Combine the margarine, brown sugar, salt.

Bring the mixture to a boil, then remove it from the heat.

3.

Distribute the seasoning mixture evenly among the pans of cooked carrots.

4.

Serve the glazed carrots immediately, or cover them and place them in a warmer until ready for service.

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

5.

Portion 1 cup with a perforated 8 ounce spoodle. Each portion provides 1 cup of red/orange vegetable. \*\*\*If serving at a K-8 level, portion 3/4 cups per serving for 3/4 cup red/orange vegetable.\*\*\*

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>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	35.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	55.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36265
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WRP 12 WHL WHEAT 6-12CT - Mission Foods - M	50 Serving	<b>STEAM</b> Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
RELISH SWT PICKLE 6-.5GAL GCHC	20 Serving		485586
SPICE PEPR BLK REST GRIND 16Z TRDE	8 Serving		225061
MUSTARD YELLOW 4-1GAL BRICK	13 1/2 Serving		807651
MAYONNAISE LT 4-1GAL GFS	52 Serving	<b>READY_TO_EAT</b> This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
CHIX PULLED WHT & DRK BLND 2-5 TYS	50 Serving		467802
ONION DCD 1/4 2-5 RSS	12 Serving		198307

## Preparation Instructions

### INSTRUCTIONS

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

Cover. Refrigerate until service. Portion with No. 8 scoop (12 cup) on bed of lettuce.



## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	442.40
<b>Fat</b>	13.04g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.40mg
<b>Sodium</b>	868.20mg
<b>Carbohydrates</b>	55.88g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.28g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 239.77mg	<b>Iron</b> 4.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Twisted Breadstick

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36276
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

## 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>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub

<b>Servings:</b>	61.00	<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-36324

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	61 Serving	READY_TO_EAT	276142
MEATBALL CKD .65Z 6-5 COMM	61 Serving	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA 6-10 REDPK	30 1/2 Serving	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181
CHEESE MOZZ SHRD 4-5 LOL	61 Serving	READY_TO_EAT Preshredded. Use cold or melted.	645170

## Preparation Instructions

BAKE:

KEEP FROZEN

CONVECTION OVEN: Add 2 bags frozen meatballs to 15.25 cups marinara sauce sauce to steamtable pan. Cover pan and heat in convection oven approximately 30 minutes at 375 degrees to 165°F.

Place pan in steamtable for hot holding.

Assemble 4 meatballs w/ sauce on (1) 5" WG sub bun at point of service. Top with 1/4 cup shredded mozzarella cheese.

## 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>	0.400
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 61.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	434.00
<b>Fat</b>	18.25g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	673.50mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 347.50mg	<b>Iron</b> 3.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Lunch Lady Egg Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36418
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF 4-5 GCHC	100 Serving		192198
SPICE ONION POWDER 19Z TRDE	48 Serving		126993
CELERY STALK 24 SZ 6CT MRKN	3 1/2 Serving		170895
SPICE PEPR BLK REG FINE GRIND 16Z	4 Serving		225037
SALT SEA 36Z TRDE	4 Serving		748590
MUSTARD YELLOW CLSC 4-105FLZ FRENC	9 Serving		741270
RELISH SWT PICKLE 4-1GAL GCHC	8 Serving		517186
MAYONNAISE LT 4-1GAL GFS	28 Serving	<b>READY_TO_EAT</b> This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
CROISSANT BKD PLN SLCD 64-2Z	50 Serving	<b>BAKE</b> Standard Prep: Thaw to room temperature and serve. <b>THAW</b> Baked croissants require limited preparation, just thaw and serve.	120861

## Preparation Instructions

Ingredients:

6.25 cups hard boiled eggs, diced

4 tbsp onion powder

3.5 cups chopped celery

- 1 tbsp black pepper
- 3 tbsp mustard
- 1 tsp salt
- 1.75 cups mayonnaise
- 1 cup sweet pickle relish

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	389.05
<b>Fat</b>	20.61g
<b>SaturatedFat</b>	7.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	375.60mg
<b>Sodium</b>	472.05mg
<b>Carbohydrates</b>	33.28g
<b>Fiber</b>	1.16g
<b>Sugar</b>	7.34g
<b>Protein</b>	16.10g
<b>Vitamin A</b> 40.04IU	<b>Vitamin C</b> 0.27mg
<b>Calcium</b> 115.92mg	<b>Iron</b> 3.44mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cole Slaw

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36426
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP 1/16 4-5 RSS	80 Ounce		430347
YOGURT PLN FF NAT 6- 32Z DANN	13 3/10 Serving		551813
MAYONNAISE LT 4-1GAL GFS	48 Serving	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
HONEY 4-6 GCHC	64 Serving		225614
VINEGAR APPLE CIDER 5 4-1GAL GCHC	24 Serving		430795
SALT SEA 36Z TRDE	12 Serving		748590
SPICE PEPR BLK 30 MESH REG GRIND 5	13 Serving		225045
CRANBERRY DRIED SWTND 10 OCSPR	31 Serving		350882

## Preparation Instructions

Ingredients:

- 2qt, 2 cups Yogurt, low-fat, plain
- 3 cups Mayonnaise, low-fat
- 1 qt honey
- 1 1/2 cups apple cider vinegar
- 1 tbsp salt
- 1 tbsp, 1 tsp black pepper
- 1 package cole slaw mix (5 lb)

1 qt, 3 1/3 cups dried cranberries

Directions:

1. Dressing: Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well, Set aside for step 3.
2. Combine cabbage, carrots, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 2.
3. Pour 3 1/2 cups dressing over 3 qt 3 cups vegetable mixture. Stir well.
4. Transfer 1 gal coleslaw to steam table pan. (For 50 servings use 2 pans. For 100 servings use 4 pans.)
5. CCP: Cool to 41° or lower within 4 hours. Hold at 41° or lower.
6. Portion with No. 8 scoop (1/2 cup) for 0.5 other vegetable.

### 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: 200.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	54.17
<b>Fat</b>	0.24g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.73mg
<b>Sodium</b>	55.32mg
<b>Carbohydrates</b>	13.02g
<b>Fiber</b>	0.72g
<b>Sugar</b>	11.23g
<b>Protein</b>	0.66g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 26.37mg	<b>Iron</b> 0.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Hummus Veggie Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36449
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	200 Serving		108171
TORTILLA WRP 12 WHL WHEAT 6-12CT - Mission Foods - M	50 Serving	<b>STEAM</b> Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Serving		451730
TOMATO SLCD 1/4 5 RSS	12 1/2 Serving		786535
CUCUMBER SLCD 1/4 2-3 RSS	50 Serving		329517

## Preparation Instructions

Spread 1/2 cup hummus, 1 cup romaine ribbons, 2 tomato slices, and 8 cucumber slices in a 12" WG tortilla. Keep below 41°F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	595.90
<b>Fat</b>	25.20g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1163.25mg
<b>Carbohydrates</b>	74.75g
<b>Fiber</b>	11.85g
<b>Sugar</b>	7.25g
<b>Protein</b>	18.70g
<b>Vitamin A</b> 429.45IU	<b>Vitamin C</b> 7.63mg
<b>Calcium</b> 306.82mg	<b>Iron</b> 7.27mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tuna Salad Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36454
<b>School:</b>	Melvindale High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHUNK LT LO SOD POUCH 6-43Z	100 Serving		692273
MAYONNAISE LT 4-1GAL GFS	133 Serving	<b>READY_TO_EAT</b> This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
RELISH SWT PICKLE 4- 1GAL GCHC	8 Serving		517186
SPICE GARLIC POWDER 21Z TRDE	2 Serving		224839
ONION DCD 1/4 2-5 RSS	16 Serving		198307
CROISSANT BKD PLN SLCD 64-2Z	50 Serving	<b>BAKE</b> Standard Prep: Thaw to room temperature and serve. <b>THAW</b> Baked croissants require limited preparation, just thaw and serve.	120861

## Preparation Instructions

For 50 servings.

100 oz tuna

8 1/3 cup lite mayo

1 cup relish

2 tsp garlic powder

1 cup diced onion

Mix all ingredients together. Spread 1/2 cup serving on croissant. Hold at 41°F or less.

## 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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	442.90
<b>Fat</b>	13.66g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	106.60mg
<b>Sodium</b>	736.20mg
<b>Carbohydrates</b>	39.40g
<b>Fiber</b>	1.00g
<b>Sugar</b>	7.62g
<b>Protein</b>	42.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 68.39mg	<b>Iron</b> 3.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cucumber Salad

<b>Servings:</b>	80.00	<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-36596
<b>School:</b>	Strong Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SLCD 1/4 2-3 RSS	80 Serving		329517
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	26 Serving		629640
OIL OLIVE XVRGN MEDITRR 4-3LTR PG	10 Serving		758521
SALT IODIZED 18-2.25 GCHC	20 Serving		350732
SPICE PEPR BLK 30 MESH REG GRIND 5	12 Serving		225045
SUGAR CANE GRANUL 25 GCHC	11 Serving		108642

## Preparation Instructions

Ingredients:

1 2/3 cup vinegar

2/3 cup olive oil

3 tbsp 2 tsp granulated sugar

5 tsp salt

3 tsp pepper

1 3-lb bag sliced cucumber

Mix vinegar, oil, sugar, salt, and pepper together until smooth. Combine with cucumbers.

Portion 1/2 cup to provide .5 c "other" vegetable.

9-12 grades portion 1 cup.

## 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: 80.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	26.59		
<b>Fat</b>	1.85g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	148.50mg		
<b>Carbohydrates</b>	2.55g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	1.55g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	54.60IU	<b>Vitamin C</b>	1.46mg
<b>Calcium</b>	8.32mg	<b>Iron</b>	0.15mg

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

## Nutrition - Per 100g

<b>Calories</b>	23.44		
<b>Fat</b>	1.63g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.95mg		
<b>Carbohydrates</b>	2.25g		
<b>Fiber</b>	0.26g		
<b>Sugar</b>	1.37g		
<b>Protein</b>	0.26g		
<b>Vitamin A</b>	48.15IU	<b>Vitamin C</b>	1.29mg
<b>Calcium</b>	7.34mg	<b>Iron</b>	0.13mg

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