

Cookbook for LES

Created by HPS Menu Planner

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Sausage Biscuit (SY 2022-2023 GCHS)

Sausage Biscuit (SY 2022-2023 K-8))

Bosco Breadsticks (GCHS)

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Coffee Cold Brew W/ Carmel Beverage Syrup

Coffee Cold Brew W/ Hazelnut Beverage Syrup

Breadstick

Egg & Cheese Biscuit

Corn Creamed (Early Head Start Only)

Fish Shapes

Breakfast Pizza

Juice

Apricot Cup

Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.	240080

Preparation Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hash Browns

Servings:	100.00	Category:	Condiments or Other
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 2.25Z 6-5# SIMPL	2 Each	Convection Oven: Arrange frozen hash browns in shallow baking pan and place in preheated 450F oven. Bake until lightly browned and crisp, about 10 minutes.	175233

Preparation Instructions

Do not thaw. Keep frozen

Convection Oven: Arrange frozen hash browns in shallow baking pan and place in preheated 450F oven. Bake until lightly browned and crisp, about 10 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	2.40		
Fat	0.12g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.40mg		
Carbohydrates	0.30g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 Each	Thaw under room temperature	710650

Preparation Instructions

Thaw under room temperature

Arrange in shallow baking pan and place in 350F oven.

Toast until lightly browned about 10 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese McMuffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
BACON CKD RND 192CT HRML	1 Piece	FULLY COOKED, NEEDS ONLY TO BE WARMED TO SERVING TEMP. MAY BE PREPARED ON GRILL, IN OVEN OR MICROWAVE.	433608
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	Use directions on product package	497241
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY_TO_EAT	334450

Preparation Instructions

After each item is prepared according to prep instructions, assemble and wrap in foil sheets. Serve warm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	16.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	152.50mg
Sodium	725.01mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Lucky Charms Cup

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each	Ready to eat.	105840

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	350.00mg
Carbohydrates	46.00g
Fiber	3.00g
Sugar	20.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll Ups

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26986

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	KEEP FROZEN	234041
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 Cup	READY TO USE	852759
BEEF GRND 40 COMM	1 Ounce	TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAYS USE. REMOVE GROUND BEEF FROM THE CONTAINER, KEEP IN ORIGINAL WRAPPING, PLACE ON SHEET PANS AND THAW IN THE REFRIGERATOR. ALLOW 1.5 HOURS PER LB FOR THAWING. COOK TO 155°F FOR 15 SECONDS. JUDGE DONENESS BY TEMPERATURE, NOT COLOR OR TEXTURE OF THE FOOD.	110520
CHEESE AMER SHRD FTHR 4-5# BONGARDS	1 Ounce		344731

Preparation Instructions

PREPARE GROUND BEEF ACCORDING TO PREP INSTRUCTIONS. ADD SPAGETTI SAUCE TO PREPARED GROUND BEEF . IN A PAN LAYER MEAT SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH MEAT SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES. SPRINKLE MOZZARELLA CHEESE ON TOP AND SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	399.19
Fat	14.48g
SaturatedFat	7.49g
Trans Fat	0.75g
Cholesterol	54.40mg
Sodium	1084.66mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	11.00g
Protein	28.22g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 464.00mg	Iron 1.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Crackers

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26994

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	100 Package	OPEN PACKAGE AND ENJOY	522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	0.00g
Protein	1.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

McMuffin

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

READY TO EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.20		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.90mg	Iron	0.02mg

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Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	4 Ounce	PREPARE FROM FROZEN STATE PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 45 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.	150731

Preparation Instructions

PREPARE FROM FROZEN STATE

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 45 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	202.67
Fat	10.13g
SaturatedFat	5.73g
Trans Fat	0.03g
Cholesterol	30.67mg
Sodium	519.67mg
Carbohydrates	17.33g
Fiber	0.00g
Sugar	2.00g
Protein	10.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 246.67mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Mexican Rice

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Ounce		473006

Preparation Instructions

COMBINE RICE,WATER,BUTTER OR MARGARINE & SALT,STIR WELL. BRING TO VIGOROUS BOIL. REMOVE FROM HEAT,COVER & LET STAND 12 MIN, UNTIL MOST OF LIQUID IS ABSORBED. FLUFF & SERVE. NO MSG ADDED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	48.43
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	204.53mg
Carbohydrates	10.75g
Fiber	0.25g
Sugar	0.50g
Protein	1.18g
Vitamin A 169.99IU	Vitamin C 4.53mg
Calcium 8.95mg	Iron 0.92mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27024

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	2 3/4 Ounce	TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAYS USE. REMOVE GROUND BEEF FROM THE CONTAINER, KEEP IN ORIGINAL WRAPPING, PLACE ON SHEET PANS AND THAW IN THE REFRIGERATOR. ALLOW 1.5 HOURS PER LB FOR THAWING. COOK TO 155°F FOR 15 SECONDS. JUDGE DONENESS BY TEMPERATURE, NOT COLOR OR TEXTURE OF THE FOOD.	110520
SAUCE SLOPPY JOE 4-10 MANWICH	1/4 Cup	ADD TO PREPARED GROUND BEEF, HEAT AND SERVE	860166
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Cook Ground Beef according to Prep Instructions. Add Manwich sauce and Cook 5 to 7 minutes more. Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	303.28
Fat	13.31g
SaturatedFat	4.10g
Trans Fat	2.05g
Cholesterol	53.36mg
Sodium	496.31mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	9.00g
Protein	19.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Potato Wedges

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27027

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT 6-5 REDSTNCAN	2 5/6 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	199080

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	0.46		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.09mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27028

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WDGS 6-5 COMM	1/2 Cup	KEEP POTATOES FROZEN UNTIL READY TO USE. SPREAD THE POTATOES IN A SINGLE LAYER ON A SHEET PAN TO PERMIT SUFFICIENT AIR FLOW AND SPEED COOKING TIME. CROWDING WEDGES IN THE PAN MAY RESULT IN SOGGY POTATOES. COOKING TIMES ARE BASED ON A FULL OVEN LOAD, POTATOES SPREAD ONE LAYER DEEP: - CONVENTIONAL OVEN AT 475* F FOR ABOUT 25 TO 30 MINUTES; OR, CONVECTION OVEN AT 450*F FOR ABOUT 15 MINUTES. HEAT TO DESIRED GOLDEN BROWN AND CRISP. SERVE IMMEDIATELY.	110570

Preparation Instructions

KEEP POTATOES FROZEN UNTIL READY TO USE. SPREAD THE POTATOES IN A SINGLE LAYER ON A SHEET PAN TO PERMIT SUFFICIENT AIR FLOW AND SPEED COOKING TIME. CROWDING WEDGES IN THE PAN MAY RESULT IN SOGGY POTATOES. COOKING TIMES ARE BASED ON A FULL OVEN LOAD, POTATOES SPREAD ONE LAYER DEEP: - CONVENTIONAL OVEN AT 475* F FOR ABOUT 25 TO 30 MINUTES; OR, CONVECTION OVEN AT 450*F FOR ABOUT 15 MINUTES. HEAT TO DESIRED GOLDEN BROWN AND CRISP. SERVE IMMEDIATELY.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	110.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Bun

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27029

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN BKFST WGRAIN 60-3Z BKCRFT	1 Each	READY_TO_EAT No baking necessary.	157232

Preparation Instructions

Thaw and serve.

No preparation required.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.70		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.20mg		
Carbohydrates	0.40g		
Fiber	0.03g		
Sugar	0.13g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Harvest Cheddar Sun Chips

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

READY_TO_EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	1.40		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	0.19g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salsa Sun Chips

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA 64-LSSV SUNCHIP	100 Package	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.	712270

Preparation Instructions

READY_TO_EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHIX HAM BLACK FOREST SLCD 6-2 TYS	3 1/2 Ounce		527380
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

Put Ham & Cheese on Bun. Steam/Heat in Combi Till Cheese Begins to Melt. Approximately 5 Minutes. Store in Warmer Until Ready to Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	235.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	520.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup	PACKAGING: 3# POLY BAG IN CORRUGATE BOX. 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. RESEAL UNUSED PORTION IN ORIGINAL BAG. PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION. Marketing Tips	732478

Preparation Instructions

Put Broccoli in Serving Cup. Serve with Ranch Dipping Sauce (Optional).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	15.45
Fat	0.15g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	3.00g
Fiber	1.20g
Sugar	1.00g
Protein	1.30g
Vitamin A 283.47IU	Vitamin C 40.59mg
Calcium 21.39mg	Iron 0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Turkey Breast W/ Gravy

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SLCD CKD 6-2 GFS	4 Ounce	HEAT IN OVEN AND SERVE AT 140°F OR HIGHER. USE OPEN PACKAGE CONTENTS WITHIN THREE DAYS.	680613
GRAVY MIX TKY 12-15Z GCHC	2 Ounce	WLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242440

Preparation Instructions

PREPARE GRAVY ACCORDING TO PACKAGE DIRECTIONS. PLACE TURKEY SLICES IN A SHALLOW BAKING PAN. POUR GRAVY OVER TURKEY SLICES . STEAM IN COMBI 5 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	1.70		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	15.60mg		
Carbohydrates	0.12g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	1.50		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.26mg		
Sodium	13.76mg		
Carbohydrates	0.11g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

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

BBQ Pork on Bun

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.	498702
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Prepare BBQ Pork according to Prep Instructions. Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	330.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	385.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	291.01		
Fat	7.94g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	57.32mg		
Sodium	339.51mg		
Carbohydrates	30.86g		
Fiber	2.65g		
Sugar	2.65g		
Protein	22.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.64mg	Iron	0.88mg

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Slice		710650
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450

Preparation Instructions

Place Cheese Slices on Bread. Spray Bread with Butter Spray. Heat in Oven for 5 Minutes. Serve Warm.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	470.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Egg & Cheese McMuffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
HAM SLCD W/A 8-5 640CT COMM	0/1 Ounce	FULLY COOKED. IF REHEATING, BRING INTERNAL TEMP TO 165°F FOR 15 SECONDS PRIOR TO SERVING.	651470
EGG SCRMBD PTY RND CKD 25# USDA	0/1 Each	HEAT TO INTERNAL TEMPERATURE OF 160 DEGREES.	497241
CHEESE SLCD YEL 6-5 COMM	0/1 Slice	READY_TO_EAT	334450

Preparation Instructions

Follow Preparation Instructions on Package of each product. Assemble and put in warmer until served (holding temperature of 135 degrees.)

Meal Components (SLE)

Amount Per Serving

Meat	0.026
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.55
Fat	1.62g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	1.52mg
Sodium	274.35mg
Carbohydrates	21.04g
Fiber	1.00g
Sugar	1.01g
Protein	6.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Sticks W/Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	2 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
GRAVY MIX BISC 6-1.5 PION	2 Ounce	1. BRING 3 QUARTS OF WATER TO A FULL ROLLING BOIL. 2. COMBINE 1 QUART COOL TAP WATER AND 1 PACKAGE OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE. 3. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER. 4. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY. 5. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE.	281719

Preparation Instructions

Follow preparation instructions on product package. Put in warmer and hold until ready to serve (holding temperature of 135 degrees.)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	313.50		
Fat	14.75g		
SaturatedFat	9.00g		
Trans Fat	0.13g		
Cholesterol	0.00mg		
Sodium	1192.00mg		
Carbohydrates	38.50g		
Fiber	0.75g		
Sugar	3.50g		
Protein	5.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.98mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.30		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.40mg		
Carbohydrates	0.24g		
Fiber	0.02g		
Sugar	0.07g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Bun

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	3.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	Heat until internal temperature reaches 165 degrees.	277722
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	USE DIRECTIONS ON PACKAGE	497241

Preparation Instructions

Prepare Sausage, Egg and Biscuit according to package directions. Assemble and Keep warm until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	472.70
Fat	35.40g
SaturatedFat	13.00g
Trans Fat	0.07g
Cholesterol	167.00mg
Sodium	661.20mg
Carbohydrates	25.00g
Fiber	2.60g
Sugar	2.00g
Protein	13.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622

Preparation Instructions

Prepare Chicken as directed on packaging. Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	575.00mg		
Carbohydrates	35.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29123

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	0/1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.15mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.18g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29126

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each	Ready to Eat	753921

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese McMuffin

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	100 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
BACON CKD RND 192CT HRML	100 Piece	FULLY COOKED, NEEDS ONLY TO BE WARMED TO SERVING TEMP. MAY BE PREPARED ON GRILL, IN OVEN OR MICROWAVE.	433608
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	100 Slice	READY TO USE	271411

Preparation Instructions

After each item is prepared according to prep instructions, assemble and wrap in foil sheets.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00
Fat	13.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	820.01mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
HAM SLCD W/A 8-5 640CT COMM	1 Ounce	Fully Cooked. If heating, bring internal temp to 165 degrees prior to serving.	651470
CHEESE SLCD YEL 6- 5 COMM	1 Slice	Ready to eat.	334450
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	Heat to internal temperature of 160 degrees.	497241

Preparation Instructions

Follow Prep instructions on package of each product. Assemble and put in warmer until served (holding temperature of 135 degrees.)

Meal Components (SLE)

Amount Per Serving

Meat	2.570
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	328.03
Fat	19.54g
SaturatedFat	9.32g
Trans Fat	0.07g
Cholesterol	154.25mg
Sodium	816.36mg
Carbohydrates	26.64g
Fiber	2.60g
Sugar	3.32g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg & Cheese Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	USE INSTRUCTIONS ON PACKAGE	277722
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL 6- 5 COMM	1 Slice	READY TO EAT	334450
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	USE INSTRUCTIONS ON PACKAGE	497241

Preparation Instructions

PREPARE EACH PRODUCT ACCORDING TO PACKAGE DIRECTIONS. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	0.028
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	5.28		
Fat	0.40g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	1.80mg		
Sodium	7.96mg		
Carbohydrates	0.26g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bagel Cream Cheese Strawberry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

Preparation Instructions

READY_TO_EAT

Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. **DO NOT** place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing **THAW AND SERVE:** Thaw at room temperature for 120 minutes prior to serving. **WARMING UNIT:** Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	190.00mg
Carbohydrates	42.00g
Fiber	2.00g
Sugar	13.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29739

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 140-2.6Z RICH	1 Each	Place frozen dough on greased or parchment lined baking sheets. To prevent product from drying out, cover pan with oiled plastic wrap or cover entire pan rack with rack cover. Place covered product in a retarder or refrigerator at 36-40 degrees F and thaw overnight. Product can also be thawed covered at room temperature for 45-120 minutes. Place in proofer set at 90-110 degrees F with 85% humidity for approximately 40-60 minutes or until proofed. Bake in a preheated oven (Convection/Rack Oven: 325 degrees F, Deck Oven: 350 degrees F) until product is golden brown on top, sides, and bottom. Cool and ice/frost as desired. Hold baked rolls covered at room temperature. Marketing Tips	644262

Preparation Instructions

Place frozen dough on greased or parchment lined baking sheets. To prevent product from drying out, cover pan with oiled plastic wrap or cover entire pan rack with rack cover. Place covered product in a retarder or refrigerator at 36-40 degrees F and thaw overnight. Product can also be thawed covered at room temperature for 45-120 minutes. Place in proofer set at 90-110 degrees F with 85% humidity for approximately 40-60 minutes or until proofed. Bake in a preheated oven (Convection/Rack Oven: 325 degrees F, Deck Oven: 350 degrees F) until product is golden brown on top, sides, and bottom. Cool and ice/frost as desired. Hold baked rolls covered at room temperature.

Marketing Tips

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	135.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.87mg	Iron	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bagel Cream Cheese Cinnamon

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29740

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI CINN CRMY CHS IW 72- 2.43Z	1 Each	READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401042

Preparation Instructions

READY_TO_EAT

Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. **DO NOT** place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing **THAW AND SERVE:** Thaw at room temperature for 120 minutes prior to serving. **WARMING UNIT:** Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.30		
Fat	0.06g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.90mg		
Carbohydrates	0.42g		
Fiber	0.02g		
Sugar	0.13g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Blueberry

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29741

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	Ready to Eat	865101

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	363.00
Fat	5.50g
SaturatedFat	1.80g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	76.00g
Fiber	5.60g
Sugar	30.00g
Protein	4.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bun

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN BKFST WGRAIN 60-3Z BKCRFT	1 Each	READY_TO_EAT No baking necessary.	157232

Preparation Instructions

READY_TO_EAT

No baking necessary

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00
Fat	10.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	13.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each	FOLLOW PACKAGE DIRECTIONS	433608
CHEESE SLCD YEL 6- 5 COMM	1 Slice	READY TO EAT	334450
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	FOLLOW PACKAGE DIRECTIONS	497241

Preparation Instructions

PREPARE PRODUCTS ACCORDING TO PACKAGE DIRECTIONS. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	347.70
Fat	21.90g
SaturatedFat	10.00g
Trans Fat	0.07g
Cholesterol	154.50mg
Sodium	836.21mg
Carbohydrates	25.00g
Fiber	2.60g
Sugar	2.50g
Protein	13.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Wraps Mini

Servings:	1.00	Category:	Grain
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	6 Each	Place on sheet pan and heat to internal temperature of 165 degrees.	696180

Preparation Instructions

Place on sheet pan and heat to internal temperature of 165 degrees. Serve (holding temperature of 135 degrees).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	320.00
Fat	18.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	560.00mg
Carbohydrates	30.00g
Fiber	6.00g
Sugar	8.00g
Protein	12.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 40.00mg **Iron** 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Rounds

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE in Convection Oven: 425 degrees F. bake 24-30 minutes - turn once - cook from frozen.	389003

Preparation Instructions

Follow prep instructions on product package. Put in warmer until served (holding temperature of 135 degrees).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	90.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	0.00g
Protein	1.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 10.00mg **Iron** 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffles, Cinnamon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI CINN IW 72-2.65Z EGGO	1 Package	Warm until internal temperature reaches 135 degrees.	284821

Preparation Instructions

Warm until internal temperature reaches 135 degrees. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 260.00mg **Iron** 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD 6-10 COMM	1/2 Cup		110710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.14g		
Fiber	0.00g		
Sugar	0.11g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Honey Nut Cheerios Cup

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	Ready to eat.	105307

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	19.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 5.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Honey Nut Cheerios Bowl

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	509396

Preparation Instructions

READY_TO_EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jelly Low Calorie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY ASST DIET 200-3/8Z SMUCK	1 Each	Ready to Eat.	301248

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	213.00
Fat	7.40g
SaturatedFat	2.10g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	340.40mg
Carbohydrates	28.00g
Fiber	3.20g
Sugar	6.00g
Protein	9.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.60mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Glazed

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29808

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Thaw and serve.	556582

Preparation Instructions

Thaw and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	277.30		
Fat	15.60g		
SaturatedFat	7.30g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	30.00g		
Fiber	2.50g		
Sugar	6.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

USE PREP INSTRUCTIONS ON PRODUCT PACKAGES. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.70
Fat	11.90g
SaturatedFat	5.50g
Trans Fat	0.07g
Cholesterol	14.50mg
Sodium	596.20mg
Carbohydrates	29.00g
Fiber	4.10g
Sugar	2.00g
Protein	10.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.58mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancakes

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet.Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.	284841

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet.Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Serve warm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancakes

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet.Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.	284831

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet.Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Serve warm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Cocoa

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29813

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each	Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.	880370

Preparation Instructions

Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce	HAM MAY BE SERVED CHILLED OR HEATED. TO THAW: REMOVE THE AMOUNT NEEDED FROM FROZEN STORAGE. THAW IN REFRIGERATOR AT 36-45 *F FOR 48 HOURS. USE THAWED HAM WITHIN 24 HOURS.	651470
CHEESE SLCD YEL 6-5 COMM	1 Slice	Ready to eat.	334450
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	USE PREP INSTRUCTIONS ON PACKAGE	497241

Preparation Instructions

Follow Prep Instructions on product package. Assemble and keep warm until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.570
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	328.03
Fat	19.54g
SaturatedFat	9.32g
Trans Fat	0.07g
Cholesterol	154.25mg
Sodium	816.36mg
Carbohydrates	26.64g
Fiber	2.60g
Sugar	3.32g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	PRODUCT MAY BE REHEATED ON A FLAT GRILL, IN THE OVEN, MICROWAVE OR STEAMER UNTIL PRODUCT IS 145 DEGREES.	277722
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 10-12 MIN. FROZEN 18- 20 MIN.	208990
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL 6- 5 COMM	1 Slice		334450

Preparation Instructions

Follow Prep Instructions then Assemble.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	502.70		
Fat	37.40g		
SaturatedFat	15.00g		
Trans Fat	0.07g		
Cholesterol	129.50mg		
Sodium	776.20mg		
Carbohydrates	26.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	16.40g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	42.58mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package	USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.	498442

Preparation Instructions

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	4.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	13.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PLACE FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

PLACE FROZEN PRODUCT ON PAPERLINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	172.70
Fat	7.40g
SaturatedFat	4.50g
Trans Fat	0.07g
Cholesterol	2.00mg
Sodium	381.20mg
Carbohydrates	23.00g
Fiber	2.60g
Sugar	2.00g
Protein	3.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	COOK THOROUGHLY TO INTERNAL TEMPERATURE OF 165 DEGREE F. CONVECTION OVEN: HEAT OVEN TO 350F. ARRANGE FROZEN SAUSAGE PATTIES OR LINKS IN SINGLE LAYER ON SHEET PAN. BAKE FOR 10 TO 15 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165F.	277722

Preparation Instructions

COOK THOROUGHLY TO INTERNAL TEMPERATURE OF 165 DEGREE F. CONVECTION OVEN: HEAT OVEN TO 350F. ARRANGE FROZEN SAUSAGE PATTIES OR LINKS IN SINGLE LAYER ON SHEET PAN. BAKE FOR 10 TO 15 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	22.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	170.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29821

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x12" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	330.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	5.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29822

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 COMM	1/2 Cup	Ready to Eat.	549280

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29823

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1/2 Cup	Ready to Eat.	764830

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29824

Ingredients

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

Preparation Instructions

Ready to eat. Serve thawed or frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29825

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRIES SLCD IQF 6-5# COMM	1/2 Cup	Ready to Eat. Serve Frozen or Thawed.	105302

Preparation Instructions

Ready to Eat. Serve Frozen or Thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pears

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	1/2 Cup	Ready to Eat.	110690

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Berry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRY MIXED CUP FZ 96-4Z COMM	1 Each	Ready to Eat	450432

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29832

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN 12-12CT	1 Slice	Conventional Oven: Preheat to 450 degrees F. Place frozen toast on a baking sheet and heat for 4-5 minutes or until heated through. Convection Oven: Preheat oven to 350 degrees F. Place frozen toast on a baking sheet, heat for 4-5 minutes or until heated through.	644802

Preparation Instructions

Conventional Oven: Preheat to 450 degrees F. Place frozen toast on a baking sheet and heat for 4-5 minutes or until heated through. Convection Oven: Preheat oven to 350 degrees F. Place frozen toast on a baking sheet, heat for 4-5 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29833

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	2 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	560.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 329.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	200 Ounce	Brown Ground Beef until temperature reaches 155 degrees. Add Seasoning according to package directions and Cook 5 Minutes or until temperature reaches 165 degrees .	110520
SEASONING TACO 21Z TRDE	50 Teaspoon		413429

Preparation Instructions

Brown Ground Beef until temperature reaches 155 degrees. Add Seasoning according to package directions and Cook 5 Minutes or until temperature reaches 165 degrees .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	127.39		
Fat	8.96g		
SaturatedFat	2.99g		
Trans Fat	1.49g		
Cholesterol	38.81mg		
Sodium	157.31mg		
Carbohydrates	1.00g		
Fiber	0.25g		
Sugar	0.25g		
Protein	10.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

Calories	149.78		
Fat	10.53g		
SaturatedFat	3.51g		
Trans Fat	1.75g		
Cholesterol	45.63mg		
Sodium	184.97mg		
Carbohydrates	1.18g		
Fiber	0.29g		
Sugar	0.29g		
Protein	12.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.21mg

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

Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29838

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each		112401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Prepare chicken patty according to package instructions and serve with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	455.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29847

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each	FROZEN: CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. THAWED: CONVECTION OVEN: 350F FOR 14-17 MINUTES. CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES.	620220

Preparation Instructions

FROZEN: CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

THAWED: CONVECTION OVEN: 350F FOR 14-17 MINUTES. CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	9.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29850

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	50.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	0.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Bag (Elementary & Middle School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29851

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
CHIP NACHO REDC FAT 72-1Z DORITOS	1 1/2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413

Preparation Instructions

Make Bags Containing Yogurt, String Cheese & Chips

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	335.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	565.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	10.50g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 400.00mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29856

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup	USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. SALSA CAN BE USED RIGHT FROM THE CAN, CHILLED OR AT ROOM TEMPERATURE.	150570

Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD.

USE A CLEAN AND SANITIZED CAN OPENER.

CUP UP. (OPTIONAL.) IF PLACING IN SERVING PAN ON SERVING LINE USE A SPOODLE TO ACCOMODATE 1/2 CUP SERVING SIZE.)

SERVE CHILLED OR ROOM TEMPERATURE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Brown Rice

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29857

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup	See package instructions.	244541

Preparation Instructions

See package instructions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	105.00
Fat	1.00g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	21.00g
Fiber	1.00g
Sugar	1.50g
Protein	2.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

READY_TO_EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g

Vitamin A 0.00IU **Vitamin C** 20.00mg

Calcium 20.00mg **Iron** 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	USE DIRECTIONS ON PACKAGE	277722
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

FOLLOW DIRECTIONS ON PRODUCT PACKAGE. ASSEMBLE AND SERVE WARM.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	402.70
Fat	29.40g
SaturatedFat	11.50g
Trans Fat	0.07g
Cholesterol	42.00mg
Sodium	551.20mg
Carbohydrates	24.00g
Fiber	2.60g
Sugar	2.00g
Protein	10.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30098

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each	Ready to Eat	753911

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each	Ready to Eat	753921

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN 40 P/L	1 Each	READY FOR RAW USE	686503

Preparation Instructions

READY FOR RAW USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g

Vitamin A 207.00IU **Vitamin C** 43.65mg

Calcium 36.00mg **Iron** 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	1/2 Cup	Wash and serve	540005

Preparation Instructions

Wash and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	1 Piece	Ready to Eat	540005

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Cup	Wash and serve.	597481

Preparation Instructions

Wash and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Piece	Ready To Eat	597481

Preparation Instructions

Ready To Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA 138CT MRKN	1/2 Cup	Wash and serve.	569392

Preparation Instructions

Wash and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.60
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.30mg
Carbohydrates	18.00g
Fiber	3.10g
Sugar	13.00g
Protein	0.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 7.68mg	Iron 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/2 Cup	Ready to eat.	198021

Preparation Instructions

Elementary and Middle Schools wash, slice, bag and serve.

High School wash and serve. (Slice and bag is optional).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 36.00mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	88.20
Fat	0.50g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	21.00g
Fiber	4.50g
Sugar	0.00g
Protein	1.90g

Vitamin A 414.00IU **Vitamin C** 87.30mg

Calcium 72.00mg **Iron** 0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30115

Ingredients

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

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD 6-10 COMM	1/2 Cup	Ready to eat.	110710

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1/2 Cup	Ready to Eat.	764830

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30119

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRIES SLCD IQF 6-5# COMM	1/2 Cup		105302

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30120

Ingredients

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

Preparation Instructions

Ready to eat. Serve thawed or frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA 138CT MRKN	1 Piece	Ready to Eat	569392

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.60
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.30mg
Carbohydrates	18.00g
Fiber	3.10g
Sugar	13.00g
Protein	0.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 7.68mg	Iron 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donuts

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30124

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Ready to Eat	556582

Preparation Instructions

Warm and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	277.30
Fat	15.60g
SaturatedFat	7.30g
Trans Fat	0.12g
Cholesterol	0.00mg
Sodium	305.60mg
Carbohydrates	30.00g
Fiber	2.50g
Sugar	6.00g
Protein	4.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.88mg	Iron 1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese McMuffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	Use Package Directions	497241
CHEESE SLCD YEL 6-5 COMM	1 Slice	Ready to Eat	334450
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	Use Package Directions	277722

Preparation Instructions

After each item is prepared according to prep instructions on product package, assemble and wrap in foil sheets. Serve warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	475.00		
Fat	34.00g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	177.50mg		
Sodium	685.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donuts

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

Thaw. Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	270.00
Fat	11.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	290.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	19.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jelly

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY ASST 1 200-.5Z SMUCK	1 Each	Ready to Eat	284912

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT SCHOOL 1000-7GM HNZ	1 Each	Ready to eat.	852406

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		10.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		75.00mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30147

Ingredients

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

Preparation Instructions

Prepare chicken patty according to package instructions and serve with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	320.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Box (High School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Thaw and Serve.	527462
CHEESE STRING MOZZ 360- 1.02Z USDA	1 Ounce	Ready to eat.	347211
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
CARROT BABY WHL 200- 1.6Z RSS	1 Package	Ready to eat.	786321
APPLE DELICIOUS RED 163CT MRKN	1 Piece	Wash and Serve.	540005

Preparation Instructions

Prepare box containing Uncrustable Sandwich, String Cheese, Baby Carrots, Apple and SunChips.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	644.60		
Fat	29.20g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	763.30mg		
Carbohydrates	81.80g		
Fiber	12.30g		
Sugar	36.40g		
Protein	18.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	83.72mg	Iron	1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	548062
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state.

CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.

Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	272.00
Fat	13.00g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	188.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	548062
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY_TO_EAT	334450

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state.

CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.

Serve on Bun with Cheese Slice.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.00		
Fat	17.50g		
SaturatedFat	7.50g		
Trans Fat	1.00g		
Cholesterol	66.50mg		
Sodium	323.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Meat

Servings:	1.00	Category:	Entree
Serving Size:	3.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 2/5 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.	154900

Preparation Instructions

PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.40 Ounce

Amount Per Serving

Calories	122.00		
Fat	4.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.00mg		
Sodium	606.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	126.57		
Fat	4.15g		
SaturatedFat	2.07g		
Trans Fat	0.00g		
Cholesterol	76.77mg		
Sodium	628.71mg		
Carbohydrates	2.07g		
Fiber	0.00g		
Sugar	2.07g		
Protein	18.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Salisbury Steak in Brown Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 53-3Z ADV	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY MIX BROWN 12-15Z GCHC	1/4 Cup	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242450

Preparation Instructions

Use prep instructions on Package of products. Place Salisbury Steak in Pan Cover with Gravy and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	225.00		
Fat	14.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	740.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96- 4.48Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. **CONVECTION OVEN:** Low fan, 350°F for 13 to 16 minutes. **CONVENTIONAL OVEN:** 400°F for 17 to 20 minutes. **NOTE:** For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.00
Fat	8.70g
SaturatedFat	3.10g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	433.10mg
Carbohydrates	28.00g
Fiber	3.10g
Sugar	5.00g
Protein	11.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.60mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30165

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY SAUS 4X6 WGRAIN 96- 4.69Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" parchment lined sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 165°F. Due to variances in oven regulators, cooking time and temperature may require adjustment. Refrigerate or discard any unused portion.	219122

Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. **CONVECTION OVEN:** Low fan, 350°F for 13 to 16 minutes. **CONVENTIONAL OVEN:** 400°F for 17 to 20 minutes. **NOTE:** For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	226.00
Fat	7.50g
SaturatedFat	3.40g
Trans Fat	0.00g
Cholesterol	19.00mg
Sodium	353.40mg
Carbohydrates	26.00g
Fiber	3.80g
Sugar	6.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.40mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Pork Chop

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30166

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 15 MINUTES OR CONVENTIONAL OVEN FOR 10-12 MINUTES	849014

Preparation Instructions

FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 15 MINUTES OR
CONVENTIONAL OVEN FOR 10-12 MINUTES

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	380.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Cupped

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30167

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	2 3/4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Ready to eat. Prepare in Souffle Cups.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	8.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2145.00mg
Carbohydrates	44.00g
Fiber	11.00g
Sugar	27.50g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.50mg	Iron 5.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	Ready to serve once thawed. Can be heated in a warm oven, sprayed with butter spray.	406321

Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with butter spray.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Drumsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30172

Ingredients

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

Preparation Instructions

BAKE Preparation: Appliances vary, adjust accordingly.

Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Mini Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY BRST DELI 8-5# COMM	2 Ounce	Thaw from frozen. USE PRODUCT WITHIN 3 DAYS OF OPENING. REHEATS VERY WELL FOR HOT ENTREES.	765991
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY_TO_EAT	334450

Preparation Instructions

Assemble turkey slices and cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	1.899
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.14
Fat	8.40g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	624.30mg
Carbohydrates	31.40g
Fiber	2.00g
Sugar	4.50g
Protein	18.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Beef Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30174

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Times given are approximate.	667202

Preparation Instructions

Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes.

Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.

Times given are approximate.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	17.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	460.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	Thaw and serve.	517830
FRANK TKY/BEEF R/SOD 8/ 2Z 4-5 GCHC	1 Each	Thaw completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds.	682323

Preparation Instructions

Thaw Hot Dogs completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds. Place on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	455.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.67mg	Iron	1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	Thaw and serve.	517830
FRANK TKY/BEEF R/SOD 8/ 2Z 4-5 GCHC	1 Each	Thaw completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds.	682323
CHILI HOT DOG W/MT & BEAN 6-10 HRTHSTN	1/8 Cup	CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. STOVE TOP-PLACE UNCOVERED PREPARED PRODUCT OVER MEDIUM HEAT FOR 10-15 MINUTES OR UNTIL CENTER REACHES 160-165 DEGREES F, STIRRING OCCASIONALLY TO PREVENT SCORCHING.	103063

Preparation Instructions

Thaw Hot Dogs completely in sealed pkg in refrigerator before cooking. Do Not thaw At room Temperature. Heat so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds.

Heat Chili sauce so that all parts of the product reach a temperature of at least 165 degrees F for 15 seconds.

Place Hot Dog and Chili Sauce on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	278.80
Fat	12.72g
SaturatedFat	4.24g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	623.00mg
Carbohydrates	28.84g
Fiber	3.96g
Sugar	6.00g
Protein	12.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 99.31mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30180

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	1 Package	Ready to eat.	786321

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	48.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	112.00mg
Carbohydrates	12.80g
Fiber	3.20g
Sugar	6.40g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.04mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Slice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	1 Slice	RINSE THOROUGHLY. READY FOR RAW USE	508616

Preparation Instructions

RINSE THOROUGHLY. SLICE 1/4 INCH THICK.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	3.89
Fat	0.05g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.08mg
Carbohydrates	0.84g
Fiber	0.26g
Sugar	0.60g
Protein	0.19g

Vitamin A 179.93IU **Vitamin C** 2.96mg

Calcium 2.16mg **Iron** 0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	1/2 Cup	STEP 1) IN A FULL SIZE STEAM TABLE PAN OR OTHER BAKING DISH, COMBINE 2 PACKETS OF SAUCE MIX, 4 1/2QUARTS OF BOILING WATER AND 4 OUNCES OF BUTTER OR MARGARINE. STIR UNTIL ALL INGREDIENTS DISSOLVE. STEP 2) ADD FULL CARTON OF POTATO SLICES AND STIR. STEP 3) BAKE UNCOVERED IN A PREHEATED OVEN FOR 45 MINUTES (CONVENTIONAL OVEN & 400 DEGREES F OR CONVECTION OVEN @ 300 DEGREES F).	118567

Preparation Instructions

STEP 1) IN A FULL SIZE STEAM TABLE PAN OR OTHER BAKING DISH, COMBINE 2 PACKETS OF SAUCE MIX, 4 1/2QUARTS OF BOILING WATER AND 4 OUNCES OF BUTTER OR MARGARINE. STIR UNTIL ALL INGREDIENTS DISSOLVE. STEP 2) ADD FULL CARTON OF POTATO SLICES AND STIR. STEP 3) BAKE UNCOVERED IN A PREHEATED OVEN FOR 45 MINUTES (CONVENTIONAL OVEN & 400 DEGREES FOR CONVECTION OVEN @ 300 DEGREES F).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	110.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fries (Spiral Cut)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	2 1/8 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	106.00		
Fat	5.65g		
SaturatedFat	0.71g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	254.40mg		
Carbohydrates	14.13g		
Fiber	0.71g		
Sugar	0.71g		
Protein	1.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fries (Waffle Cut)

Servings:	1.00	Category:	Vegetable
Serving Size:	9.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	9 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 Piece

Amount Per Serving

Calories	120.00		
Fat	5.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fries (Regular Cut)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 R/C 6-5	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES. DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	789399

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	110.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	370.00mg
Carbohydrates	20.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2% Milk	1 Gallon		
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
SPICE PEPR BLK REST GRIND 5 TRDE	1 Teaspoon		242179
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Tablespoon		299405
SAUCE CHS CHED POUCH 6-106Z LOL	8 Cup		135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	5 Pound		229941
CHEESE SLCD YEL 6-5 COMM	4 Pound		334450

Preparation Instructions

1. COOK PASTA. (COVER PASTA WITH COLD WATER AND STEAM FOR ABOUT 7 MINUTES. DRAIN PASTA)
2. MELT BUTTER AND ADD 4 GALLONS OF MILK TO BUTTER.
3. ADD PEPPER.
4. STIR WHILE HEATING ON 250 DEGREES UNTIL JUST BUBBLY. (WILL NEED LOTS OF STIRRING.)
5. TURN HEAT TO 200 DEGREES AND ADD CHEESES; STIR TO MELT CHEESE AND THICKEN SAUCE.
6. ADD COOKED PASTA.
7. HEAT TO 170-180 DEGREES.
8. PUT INTO WELL SPRAYED PANS.
9. COVER AND PLACE INTO HEATED CABINET SET AT 185 DEGREES.
10. STIR SLIGHTLY BEFORE SERVING

Meal Components (SLE)

Amount Per Serving

Meat	3.520
Grain	0.800
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	458.29
Fat	27.44g
SaturatedFat	16.78g
Trans Fat	0.00g
Cholesterol	77.70mg
Sodium	1335.60mg
Carbohydrates	28.28g
Fiber	1.60g
Sugar	3.96g
Protein	21.76g
Vitamin A 2.55IU	Vitamin C 0.68mg
Calcium 594.31mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Queso Blanco Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	121.60
Fat	9.60g
SaturatedFat	5.60g
Trans Fat	0.01g
Cholesterol	29.00mg
Sodium	436.50mg
Carbohydrates	1.00g
Fiber	0.10g
Sugar	0.00g
Protein	6.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	214.47
Fat	16.93g
SaturatedFat	9.88g
Trans Fat	0.02g
Cholesterol	51.15mg
Sodium	769.85mg
Carbohydrates	1.76g
Fiber	0.18g
Sugar	0.00g
Protein	11.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.38mg	Iron 0.00mg

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

Parmesan Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM PKT 200-3.5GM GCHC	1 Each	READY TO USE GARNISH/FLAVORING AGENT.	254959

Preparation Instructions

READY TO USE GARNISH/FLAVORING AGENT.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	15.00
Fat	1.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	55.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Mustard Dipping Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	READY TO SERVE	499410

Preparation Instructions

READY TO SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	125.00mg		
Carbohydrates	7.00g		
Fiber	0.20g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT SCHOOL 1000-7GM HNZ	1 Each	Ready to eat.	852406

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mayonnaise

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GCHC	1 Each	Ready to eat.	188741

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	70.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sour Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT FF 100-1Z LOL	1 Each		853190

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	25.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Sauce Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TACO MILD PKT 200-9GM HNZ	1 Each	Ready to use	852422

Preparation Instructions

Ready to use.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Each

Amount Per Serving

Calories	250.91
Fat	14.18g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	381.82mg
Carbohydrates	15.27g
Fiber	3.27g
Sugar	1.09g
Protein	15.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco BreadSticks

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter spray.	235411

Preparation Instructions

THAW

Thawing Instructions

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

CONVECTION

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Top Bosco Stick breadsticks with butter spray.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	2.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Totilla Shell

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	READY TO USE.	523610

Preparation Instructions

READY TO USE. OPTIONAL: SIMPLY HEAT TO WARM UP.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	4.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Bone-In

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	1 Piece		258610

Preparation Instructions

BAKE Preparation: Appliances vary, adjust accordingly.

Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Meal Components: 1 Breast = 2.25z m/ma + 0.75 oz eq grain; 1 Drumstick = 2z m/ma + 0.75 oz eq grain; 1 Thigh = 3.25z m/ma + 1 oz eq grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	210.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	440.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FLME RSTD W/JALAP 6-2.5# RSTWRK	1/2 Cup	Convection: Bake vegetables at 350 degrees F for 8-13 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	853921

Preparation Instructions

Convection: Bake vegetables at 350 degrees F for 8-13 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.

Nutrition Facts

Serving Size 3.13 oz (89g)

Amount Per Serving

Calories 100

% Daily Value *

Total Fat 3g 5%,

Saturated Fat 0.5g 3%,

Trans Fat 0g ,

PolyUnsat. Fat n/a,

MonoUnsat Fat n/a,

Cholesterol 0mg 0%,

Sodium 125mg 5%,

Total Carbohydrate 17g 6%,

Fiber 3g 12%,

Total Sugars 8g ,

Includes 0g Added Sugars 0%,

Protein 3g 6%,

Vitamin D n/a 0%

Calcium n/a 0%

Iron 0.5mg 3%

Potassium 190mg 5%

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	15.97		
Fat	0.48g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.97mg		
Carbohydrates	2.72g		
Fiber	0.48g		
Sugar	1.28g		
Protein	0.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW KIT O/F 2-5 P/L	1/2 Cup	JUST MIX AND SERVE.	241814

Preparation Instructions

JUST MIX AND SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	56.00
Fat	3.60g
SaturatedFat	0.40g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	60.00mg
Carbohydrates	5.60g
Fiber	0.80g
Sugar	4.40g
Protein	0.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Roll

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30249

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

COOKING INSTRUCTIONS ARE BASED ON A FULL SIZE SHEET PAN WITH APPROXIMATELY 54 EGGS ROLLS. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FILL LARGE (16"X24") BAKING TRAY WITH FROZEN EGG ROLLS AND COOK FOR 21-22 MINUTES. ROTATE TRAY HALFWAY THROUGH BAKING TIME.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	159.00		
Fat	5.10g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	272.70mg		
Carbohydrates	24.00g		
Fiber	3.40g		
Sugar	3.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.10mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30250

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 80CT MRKN	3 Ounce	RINSE THOROUGHLY. PLACE IN BAKING PAN. SET COMBI OVEN TO 30% STEAM 400 DEGREE HEAT FOR 45 MINUTES OR UNTIL FORK TENDER.	322385

Preparation Instructions

RINSE THOROUGHLY. PLACE IN BAKING PAN. SET COMBI OVEN TO 30% STEAM 400 DEGREE HEAT FOR 45 MINUTES OR UNTIL FORK TENDER.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	65.50
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.10mg
Carbohydrates	15.00g
Fiber	1.90g
Sugar	1.00g
Protein	1.70g

Vitamin A 1.70IU **Vitamin C** 16.75mg

Calcium 10.20mg **Iron** 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	1/2 Cup		120500
SUGAR BROWN LT 12-2 P/L	1 Teaspoon		860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Tablespoon		299405
SPICE CINNAMON GRND 15Z TRDE	1/8 Teaspoon		224723

Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. MIX APPLES, BROWN SUGAR, CINNAMON AND BUTTER. PLACE IN BAKING PAN. BAKE IN 350 DEGREE OVEN FOR 30 MINUTES OR UNTIL TEMPERATURE REACHES 145 DEGREES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.00		
Fat	2.75g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	10.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.75mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN		120500
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Package		299405
SPICE CINNAMON GRND 15Z TRDE	4 Tablespoon		224723

Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. MIX APPLES, BROWN SUGAR, CINNAMON AND BUTTER. PLACE IN BAKING PAN. BAKE IN 350 DEGREE OVEN FOR 30 MINUTES OR UNTIL TEMPERATURE REACHES 145 DEGREES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	66.00		
Fat	0.11g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	10.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER WHPD CUP 720-5GM 8 GCHC	1 Each	READY TO USE	272010

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	4.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	11.00mg		
Sodium	31.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Thousand Island Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING 1000 ISL PKT 60-1.5Z MARZ	1 Each	READY TO USE	456187

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	21.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	300.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Mustard Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY MSTRD FF PKT60-1.5Z MARZ	1 Each	READY TO USE	589349

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN CALIF FF PKT 60-1.5Z	1 Package	READY TO USE	582832

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Vinaigrette Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each	READY TO USE	824970

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT 60-1.5Z MARZ	1 Each		549584

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT 60-1.5Z MARZ	1 Each		582816

Preparation Instructions

READY TO USE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	490.00mg		
Carbohydrates	9.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad Box (High School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
TURKEY BRST DELI 8-5# COMM	1 Ounce		765991
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup		361510
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon		192198
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1 Ounce		448010

Preparation Instructions

Rinse ingredients thoroughly if applicable. Place lettuce in salad container and top with carrots, cucumbers, tomatoes, egg, turkey, cheese. Place a packet of croutons in salad container. Follow prep instructions on breadstick package and serve as a side along with an apple.

Meal Components (SLE)

Amount Per Serving

Meat	4.366
Grain	2.500
Fruit	0.500
GreenVeg	0.021
RedVeg	0.722
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	594.76
Fat	21.82g
SaturatedFat	10.55g
Trans Fat	0.00g
Cholesterol	111.67mg
Sodium	1055.95mg
Carbohydrates	64.24g
Fiber	7.26g
Sugar	23.69g
Protein	37.09g
Vitamin A 5601.68IU	Vitamin C 20.68mg
Calcium 407.85mg	Iron 3.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad Box (High School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup		361510
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon		192198
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1 Ounce		448010
HAM DCD 1/4 NAT JCE 1-10 HORMEL	1 Ounce		612080

Preparation Instructions

Rinse ingredients thoroughly if applicable. Place lettuce in salad container and top with carrots, cucumbers, tomatoes, egg, ham, cheese. Place a packet of croutons in salad container. Follow prep instructions on breadstick package and serve as a side along with an apple.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.500
Fruit	0.500
GreenVeg	0.021
RedVeg	0.722
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	594.69
Fat	21.92g
SaturatedFat	10.84g
Trans Fat	0.00g
Cholesterol	125.95mg
Sodium	1194.53mg
Carbohydrates	63.83g
Fiber	7.26g
Sugar	23.97g
Protein	36.98g
Vitamin A 5601.68IU	Vitamin C 20.94mg
Calcium 409.28mg	Iron 4.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub Box (High School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
TURKEY BRST DELI 8-5# COMM	3 Ounce	Thaw from frozen. USE PRODUCT WITHIN 3 DAYS OF OPENING. REHEATS VERY WELL FOR HOT ENTREES.	765991
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY_TO_EAT	334450
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CARROT BABY WHL 200- 1.6Z RSS	1 Package		786321
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005

Preparation Instructions

Assemble turkey slices and cheese on sub bun, wrap and place in box with Dorito Chips, Baby carrots and an apple.

Meal Components (SLE)

Amount Per Serving

Meat	2.598
Grain	3.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	591.81
Fat	14.30g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	1185.25mg
Carbohydrates	94.10g
Fiber	13.10g
Sugar	30.50g
Protein	26.58g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 146.88mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub Box (High School)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30272

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY_TO_EAT	334450
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CARROT BABY WHL 200- 1.6Z RSS	1 Package		786321
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470

Preparation Instructions

Assemble ham slices and cheese on sub bun, wrap and place in box with Dorito Chips, Baby carrots and an apple.

Meal Components (SLE)

Amount Per Serving

Meat	2.139
Grain	3.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	562.26
Fat	15.48g
SaturatedFat	5.64g
Trans Fat	0.00g
Cholesterol	42.01mg
Sodium	1116.63mg
Carbohydrates	95.28g
Fiber	13.10g
Sugar	32.14g
Protein	18.00g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 146.88mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT GEN TSO CHIX 6-7.15	4 Ounce	PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.	199341

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN.

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	215.38
Fat	7.18g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	461.54mg
Carbohydrates	24.62g
Fiber	1.03g
Sugar	14.36g
Protein	12.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.51mg	Iron 0.74mg

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

Nutrition - Per 100g

Calories	189.94		
Fat	6.33g		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	45.22mg		
Sodium	407.01mg		
Carbohydrates	21.71g		
Fiber	0.90g		
Sugar	12.66g		
Protein	10.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.09mg	Iron	0.65mg

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

Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT ORANGE CHIX 6-7 MINH	3 Ounce	BAKE Chicken PLACE 1 BAG OF CHICKEN ONTO A LARGE SHEET PAN LINED WITH PARCHMENT PAPER. COOK IN A PRE-HEATED CONVECTION OVEN AT 350°F, FOR 15-20 MINUTES. Sauce - Stove Top BRING A LARGE POT OF WATER TO BOIL. SUBMERGE ONE BAG IN BOILING WATER AND BOIL FOR 20 MINUTES IF FROZEN OR 15 MINUTES IF REFRIGERATED. Sauce - Steam PLACE FROZEN SAUCE IN A 2-INCH STEAMABLE PAN. STEAM SAUCE FOR APPROXIMATELY 5 MINUTES IN COMBI OVEN. MIX: USE 1 BAG OF BAKED CHICKEN TO 1 BAG OF HEATED SAUCE. SERVE IMMEDIATELY.	509730

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN.

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	139.29		
Fat	4.82g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	42.86mg		
Sodium	214.29mg		
Carbohydrates	11.79g		
Fiber	0.00g		
Sugar	7.50g		
Protein	10.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.71mg	Iron	0.75mg

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

Nutrition - Per 100g

Calories	163.77		
Fat	5.67g		
SaturatedFat	1.26g		
Trans Fat	0.00g		
Cholesterol	50.39mg		
Sodium	251.96mg		
Carbohydrates	13.86g		
Fiber	0.00g		
Sugar	8.82g		
Protein	12.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.60mg	Iron	0.88mg

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

Fresh Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/2 Cup	Rinse thoroughly and serve.	198021

Preparation Instructions

Rinse thoroughly and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g

Vitamin A 207.00IU **Vitamin C** 43.65mg

Calcium 36.00mg **Iron** 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each	Ready to eat.	753881

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30327

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 COMM	1/2 Cup	Ready to Eat.	549280

Preparation Instructions

Ready to Eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Ounce	Ready to use.	852759
BEEF GRND 40 COMM	2 Ounce	Cook ground beef until it reaches a temperature of 165 degrees.	110520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/8 Teaspoon		413453
PASTA SPAG 51 WGRAIN 2-10	1 Ounce	Bring water to a boil and add spaghetti noodles. Cook until desired tenderness.	221460

Preparation Instructions

Put on water for spaghetti noodles. When it begins to boil add noodles.

Cook ground beef until it reaches a temperature of 165 degrees. Drain ground beef. Add spaghetti sauce and italian spaghetti seasoning and let simmer for 20 minutes. When noodles get done add to beef and sauce. Simmer for 10 minutes. Then put in steam table pans.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	229.70
Fat	9.46g
SaturatedFat	2.99g
Trans Fat	1.49g
Cholesterol	38.81mg
Sodium	183.63mg
Carbohydrates	23.13g
Fiber	2.90g
Sugar	3.23g
Protein	14.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.83mg	Iron 1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

Prepare Chicken as directed on packaging. Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	465.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet and Sour Dipping Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SWEET & SOUR DIP CUP 100-1Z	1 Each		714510

Preparation Instructions

Ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30394

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BUFF WNG 4-1GAL SWTBRAY	2 Tablespoon		886640

Preparation Instructions

Ready to eat. Cup in 2 ounce souffle cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	20.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	940.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	35.27		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1657.88mg		
Carbohydrates	3.53g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96- 4.6Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. **CONVECTION OVEN:** Low fan, 350°F for 13 to 16 minutes. **CONVENTIONAL OVEN:** 400°F for 17 to 20 minutes. **NOTE:** For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	238.00
Fat	8.50g
SaturatedFat	3.10g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	369.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	6.00g
Protein	12.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 236.20mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soy Sauce Pkt

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY ORIENTAL PKT 500-7GM	1 Each	Ready to use	602841

Preparation Instructions

Ready to use

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	297.40mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	1.42IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Duck Sauce Pkt

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE DUCK SWT & SOUR PKT 500-9GM	1 Each		602825

Preparation Instructions

Ready to use

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.00mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo W/ Pasta

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	2 Ounce	See package instructions	691971
SAUCE ALFREDO FZ 6-5 JTM	1 Ounce	PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.	155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	2 Ounce	See package instructions	221482

Preparation Instructions

Chix Strips: Heat Chix until internal temperature reaches 165 degrees.

Pasta: FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.

RECOMMENDED COOK TIME OF 8-10 MINUTES

Alfredo Sauce: PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Combine Chicken, Pasta and Alfredo sauce together. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	307.47
Fat	7.26g
SaturatedFat	3.35g
Trans Fat	0.02g
Cholesterol	46.64mg
Sodium	348.56mg
Carbohydrates	43.19g
Fiber	4.00g
Sugar	4.64g
Protein	19.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.83mg	Iron 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 Alfredo W/ Pasta

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	200 Ounce	See package instructions	691971
SAUCE ALFREDO FZ 6-5 JTM	100 Ounce	PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.	155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	200 Ounce	See package instructions	221482

Preparation Instructions

Chix Strips: Heat Chix until internal temperature reaches 165 degrees.

Pasta: FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.

RECOMMENDED COOK TIME OF 8-10 MINUTES

Alfredo Sauce: PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Combine Chicken, Pasta and Alfredo sauce together. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	307.47
Fat	7.26g
SaturatedFat	3.35g
Trans Fat	0.02g
Cholesterol	46.64mg
Sodium	348.56mg
Carbohydrates	43.19g
Fiber	4.00g
Sugar	4.64g
Protein	19.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.83mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chicken Bone-In

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 Ounce	THAW UNDER REFRIGERATION HEAT AND SERVE, HEAT PROCESSED READY-TO-EAT CHICKEN PRODUCTS FROM A PACKAGE TO 165 DEGREES F FOR 15 SECONDS.	884891

Preparation Instructions

BAKE Preparation: Appliances vary, adjust accordingly.

Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	110.00		
Fat	4.40g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	48.00mg		
Sodium	46.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.60g		
Vitamin A	52.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 Ounce		593591
CHEESE MOZZ LT SHRD FZ 30 P/L	1 Ounce		150610
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

PREPARE FROM THAWED OR FROZEN STATE. THAWED PRODUCT HEAT FOR 15-20 MINUTES. FROZEN PRODUCT HEAT FOR 40-50 MINUTES, PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED. After Beef Stk pepper/onions are prepared place 3 oz of product on a sub bun and top with shredded mozz cheese. Keep warm maintaining a temperature of 135°F until served.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	326.67		
Fat	13.50g		
SaturatedFat	6.50g		
Trans Fat	0.33g		
Cholesterol	23.33mg		
Sodium	706.67mg		
Carbohydrates	34.00g		
Fiber	2.67g		
Sugar	6.67g		
Protein	16.00g		
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	69.33mg	Iron	2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homestyle Chicken Noodle Soup

Servings:	150.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	20 Pound	Thaw overnight in cooler.	110530
SOUP CHIX NOODL HMSTYL 2-8 GCHC	75 Cup	Approximately 2.5 cases. Thaw overnight in cooler.	561921

Preparation Instructions

Heat soup bags to 165 degrees.

Cook diced chicken to 165 degrees.

Open heated bags of soup and combine with cooked diced chicken in serving pan.

Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.80
Fat	3.63g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	57.30mg
Sodium	549.73mg
Carbohydrates	6.00g
Fiber	0.50g
Sugar	1.00g
Protein	15.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cornbread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	THAW UNDER REFRIGERATION (7 DAY SHELF LIFE AT ROOM TEMPERATURE)	159791

Preparation Instructions

Warm and Serve. INDIVIDUALLY WRAPPED

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	90.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	15.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Beef Soup

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31974

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	20 Pound		110520
JUICE TOMATO 12-46FLZ REDG	2 2/3 #5 CAN		148903
VEG MIXED 5-WAY 30 GCHC	20 Pound	Use 3/4 of the box	285690
BROTH BF LO SOD 12-32FLZ SWNSN	256 Ounce		234764
TOMATO DCD NSA 6-10 ANGELA MIA	2 #10 CAN		827614

Preparation Instructions

Brown ground beef and drain . Add remaining ingredients to drained ground beef and heat to a temperature of 165 degrees. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	252.69		
Fat	14.33g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	83.30mg		
Carbohydrates	10.86g		
Fiber	3.10g		
Sugar	4.32g		
Protein	18.61g		
Vitamin A	258.67IU	Vitamin C	4.66mg
Calcium	10.41mg	Iron	0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pimento Cheese Sandwich Wedge

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SPRD PIMENTO 2-5 GCHC	1 Tablespoon		249326
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 Each		710650

Preparation Instructions

Spread pimento cheese on bread. Cut sandwich in half. Serve wedge.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	125.00		
Fat	6.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	240.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	2.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	20 Pound		110520
BEAN CHILI MEX STYLE 6-10 GCHC	2 #10 CAN		192015
ONION DCD IQF 6-4 GCHC	8 Cup		261521
PASTA SPAG 51 WGRAIN 2-10	1 Pound		221460
JUICE TOMATO 12-46FLZ REDG	460 Fluid Ounce		148903
TOMATO DCD PETITE 6-10 GCHC	2 #10 CAN		498871
SPICE CHILI POWDER MILD 16Z TRDE	2 Teaspoon		331473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.423
Grain	0.160
Fruit	0.000
GreenVeg	0.000
RedVeg	68.966
OtherVeg	0.118
Legumes	0.259
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3745.06
Fat	14.41g
SaturatedFat	4.78g
Trans Fat	2.39g
Cholesterol	62.09mg
Sodium	25521.55mg
Carbohydrates	709.75g
Fiber	142.11g
Sugar	418.93g
Protein	159.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.37mg	Iron 1.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	150.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	30 Pound	Thaw in cooler	110520
ONION DCD IQF 6-4 GCHC	8 Pound	These come in 4 lb bags. Use 2 bags.	261521
PASTA SPAG 51 WGRAIN 2-10	2 1/2 Pound		221460
BEAN KIDNEY RED LT 6-10 GCHC	4 #10 CAN		118788
SAUCE TOMATO 6-10 HNZ	2 #10 CAN		376182
TOMATO DCD NSA 6-10 ANGELA MIA	1 #10 CAN		827614
SPICE CHILI POWDER 38Z MEXENE	10 Ounce		847171
JUICE TOMATO 12-46FLZ REDG	8 #5 CAN		148903

Preparation Instructions

Brown ground beef and diced onions. Drain.

Add Chili Powder Spice to ground beef mixing well.

Add kidney beans, diced tomatoes, tomato sauce, and tomato juice to ground beef.

Break pasta in to 2 inch pieces and cook according to package directions. Drain.

Add cooked pasta to ground beef and heat to a temperature of 165 degrees.

Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.388
Grain	0.267
Fruit	0.000
GreenVeg	0.000
RedVeg	0.086
OtherVeg	0.280
Legumes	0.345
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	331.59		
Fat	14.46g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	418.12mg		
Carbohydrates	26.98g		
Fiber	8.07g		
Sugar	4.57g		
Protein	24.04g		
Vitamin A	86.22IU	Vitamin C	1.74mg
Calcium	42.16mg	Iron	2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Lettuce

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

Preparation Instructions

Ready to Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	0.11		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.17mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisps

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DRIED NAT 125-.34Z TREE TOP	1 Package		907621

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32005

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each		112401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	200.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	4.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Craisins Cherry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32011

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	110.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	24.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggs Diced

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon		192198

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	26.67		
Fat	1.67g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	61.67mg		
Sodium	20.00mg		
Carbohydrates	0.33g		
Fiber	0.00g		
Sugar	0.33g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.33mg	Iron	0.33mg

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

Nutrition - Per 100g

Calories	94.06		
Fat	5.88g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	217.52mg		
Sodium	70.55mg		
Carbohydrates	1.18g		
Fiber	0.00g		
Sugar	1.18g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.39mg	Iron	1.18mg

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

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930

Preparation Instructions

COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 160 DEGREES F. CONVECTION OVEN: PREHEAT TO 350 DEGREES F. PLACE FROZEN BREADSTICKS ON BAKING PAN. BAKE FOR 13-15 MINUTES. CONVENTIONAL OVEN: BAKE FOR 20-25 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	290.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Peppers and Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32020

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1/2 Cup		847208

Preparation Instructions

Heat and Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.087
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	30.00
Fat	0.67g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	100.00mg
Carbohydrates	5.33g
Fiber	1.33g
Sugar	3.33g
Protein	0.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork Rib Patty Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
SAUCE BBQ 4- 1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

CONVENTIONAL OVEN: PREHEAT OVEN TO 375°F. BAKE FOR 20-25 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 350°F. BAKE FOR 15-20 MINUTES.

PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

Dip Rib Patties in BBQ Sauce and place on Sub Bun. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00		
Fat	12.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	725.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	17.50g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fortune Cookie

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32034

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

Preparation Instructions

Ready to Eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	11.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	2.67g
Fiber	0.00g
Sugar	1.67g
Protein	0.17g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.50mg **Iron** 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 Noodle Soup

Servings:	150.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-32369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	20 Pound	Thaw in cooler overnight	110530
SOUP CRM OF CHIX 12-5 HLTHYREQ	3 #5 CAN		695513
SOUP CRM OF CELERY 12-5 HNZ	3 #5 CAN		101613
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	2 1/2 Pound		654580
BROTH CHIX NAT 12-32FLZ SWNSN	384 Ounce		235073

Preparation Instructions

Put diced chicken, cream of chicken, cream of celery, and chicken broth in kettle. Heat to 165 degrees.

Cook pasta according to package directions. Drain pasta.

Add cooked pasta to other ingredients and heat to 165 degrees and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	133.47		
Fat	3.75g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	46.93mg		
Sodium	338.10mg		
Carbohydrates	9.59g		
Fiber	1.08g		
Sugar	1.12g		
Protein	14.30g		
Vitamin A	71.01IU	Vitamin C	0.00mg
Calcium	11.19mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Bites

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	8 Each	Cook from frozen	402655

Preparation Instructions

Conventional Oven: Bake at 400 degrees F for 15-16 minutes. Convection Oven: Bake at 375 degrees F for 13-15 minutes. Cook to minimum internal temperature of 165 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z 4-5	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	547102

Preparation Instructions

Cook frozen. Place parchment paper on a shallow metal baking sheet. Place stick on a pan leaving space between pieces. Conventional Pre-heated Oven: Bake at 425F for 14-16 minutes. Convection Pre-Heated Oven: Bake at 375F for 9-11 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z 4-5	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	344271

Preparation Instructions

COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	210.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	330.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	1.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Rounds

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	CAN BE THAWED AT ROOM TEMPERATURE	129001

Preparation Instructions

READY TO SERVE ONCE THAWED

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.60
Fat	9.50g
SaturatedFat	3.20g
Trans Fat	0.10g
Cholesterol	7.00mg
Sodium	207.30mg
Carbohydrates	50.00g
Fiber	5.40g
Sugar	21.00g
Protein	5.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 36.99mg **Iron** 1.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34564

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	THAW AND SERVE	230361

Preparation Instructions

Ready to Serve Once Thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34567

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	PREPARE FROM FROZEN STATE	141510

Preparation Instructions

CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving

Calories	130.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	3 Tablespoon		576280

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34589

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	PREPARE FROM FROZEN STATE	519420
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

CONVECTION OVEN: BAKE AT 400 DEGREES F FOR 14-16 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 18-20 MINUTES. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F. Serve on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	8.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	410.00mg
Carbohydrates	41.00g
Fiber	4.00g
Sugar	4.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34591

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g
Fiber	0.50g
Sugar	12.00g
Protein	0.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 7.50mg **Iron** 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoothie Box (Peach)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34592
School:	GCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX SMOOTHIE PEACH 48-7.6FLZ	1 Each		838652
BREADSTICK CHS STFD 7 WGRAIN 108CT	1 Each	Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing. 3. Bosco Sticks may be thawed in packaging. 4. Bosco Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.	555982
APPLE GALA 138CT MRKN	1 Piece		569392
CARROT BABY WHL 200-1.6Z RSS	1 Each		786321
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Breadstick Prep

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	394.60
Fat	12.20g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	508.30mg
Carbohydrates	60.80g
Fiber	8.30g
Sugar	24.40g
Protein	12.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 261.72mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoothie Box (Strawberry)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34600
School:	GCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	1 Each	Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing. 3. Bosco Sticks may be thawed in packaging. 4. Bosco Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.	555982
CARROT BABY WHL 200-1.6Z RSS	1 Ounce		786321
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
MIX SMOOTHIE STRAWB 48-7.6FLZ	1		838062
APPLE GALA 138CT MRKN	1 Piece		569392

Preparation Instructions

Breadstick Prep

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	416.60
Fat	17.20g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	591.30mg
Carbohydrates	53.00g
Fiber	7.10g
Sugar	20.00g
Protein	12.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 233.08mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza (Wedge)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34604

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

Preparation Instructions

Basic Preparation

Best if cooked from frozen state. Preheat oven. Convection Oven: 350 degrees F. high fan for 15-18 minutes. 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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	264.00
Fat	12.80g
SaturatedFat	4.70g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	506.80mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	5.00g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.20mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit (GCHS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34749

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each	FOLLOW PACKAGE DIRECTIONS	433608
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY TO EAT	334450
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	FOLLOW PACKAGE DIRECTIONS	497241
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each		504076

Preparation Instructions

PREPARE PRODUCTS ACCORDING TO PACKAGE DIRECTIONS. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00		
Fat	24.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	152.50mg		
Sodium	1045.01mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	2.50g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit (GCHS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each		504076
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579

Preparation Instructions

USE PREP INSTRUCTIONS ON PRODUCT PACKAGES. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	16.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	850.00mg
Carbohydrates	35.00g
Fiber	1.00g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg & Cheese Biscuit (GCHS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34751

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG SCRMBD PTY RND CKD 25# USDA	1 Each		497241
DOUGH BISC HMSTYL 216- 2.5Z RICH	1 Each		504076

Preparation Instructions

Follow Prep Instructions then Assemble.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	456.00
Fat	30.50g
SaturatedFat	12.70g
Trans Fat	0.00g
Cholesterol	163.50mg
Sodium	1007.00mg
Carbohydrates	31.00g
Fiber	1.00g
Sugar	2.50g
Protein	14.50g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 46.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit (SY 2022-2023 GCHS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each		504076
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

Preparation Instructions

FOLLOW DIRECTIONS ON PRODUCT PACKAGE. ASSEMBLE AND SERVE WARM.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.00		
Fat	20.00g		
SaturatedFat	8.70g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	762.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	9.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit (SY 2022-2023 K-8))

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

FOLLOW DIRECTIONS ON PRODUCT PACKAGE. ASSEMBLE AND SERVE WARM.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.70		
Fat	17.40g		
SaturatedFat	8.20g		
Trans Fat	0.07g		
Cholesterol	28.00mg		
Sodium	553.20mg		
Carbohydrates	24.00g		
Fiber	2.60g		
Sugar	2.00g		
Protein	9.90g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	43.58mg	Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Breadsticks (GCHS)

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	2 Each	THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.	555982

Preparation Instructions

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. TOP WITH BUTTER.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	420.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	540.00mg
Carbohydrates	50.00g
Fiber	4.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber and Grape Tomatoes Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34772

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup		361510
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	4.50g
Fiber	1.25g
Sugar	3.00g
Protein	0.95g
Vitamin A 777.00IU	Vitamin C 13.06mg
Calcium 13.16mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	3 Ounce		676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	137.29
Fat	1.27g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.73mg
Carbohydrates	27.46g
Fiber	2.03g
Sugar	1.53g
Protein	3.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5.08mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coffee Cold Brew W/ Vanilla Beverage Syrup

Servings:	1.00	Category:	Milk
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP VAN SGR FR PLAS 4-1LTR	1 Fluid Ounce	MIX pour and mix READY_TO_DRINK pour and mix	853910
SYRUP BREWED EXPRSO PLAS 4-1	1 Fluid Ounce		342036
1% White Milk	1/2 Cup	READY_TO_DRINK	13871
Water	1/2 Cup	READY_TO_DRINK	Water

Preparation Instructions

Fill a 12 fluid ounce cup with ice. Add 1 oz Monin Espresso, 1 oz Monin Vanilla Beverage Syrup, 1/2 cup 1% Low Fat Milk, and 1/2 cup Water. Stir or Shake to Mix.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	50.00**
Fat	1.25g**
SaturatedFat	0.75g**
Trans Fat	0.00g**
Cholesterol	7.50mg**
Sodium	70.00mg**
Carbohydrates	10.50g**
Fiber	0.00g**
Sugar	5.50g**
Protein	4.00g**
Vitamin A 5.00IU**	Vitamin C 1.00mg**
Calcium 15.00mg**	Iron 0.00mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Coffee Cold Brew W/ Carmel Beverage Syrup

Servings:	1.00	Category:	Milk
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34895

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP BREWED EXPRSO PLAS 4-1	1 Fluid Ounce		342036
1% White Milk	1/2 Cup	READY_TO_DRINK	13871
Water	1/2 Cup	READY_TO_DRINK	Water
SYRUP CRML SGR FR 4-1LTR MONIN	1 Fluid Ounce	MIX pour and mix	608962

Preparation Instructions

Fill a 12 fluid ounce cup with ice. Add 1 oz Monin Espresso, 1 oz Monin Carmel Beverage Syrup, 1/2 cup 1% Low Fat Milk, and 1/2 cup Water. Stir or Shake to Mix.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	50.00**		
Fat	1.25g**		
SaturatedFat	0.75g**		
Trans Fat	0.00g**		
Cholesterol	7.50mg**		
Sodium	70.00mg**		
Carbohydrates	11.50g**		
Fiber	0.00g**		
Sugar	5.50g**		
Protein	4.00g**		
Vitamin A	5.00IU**	Vitamin C	1.00mg**
Calcium	15.00mg**	Iron	0.30mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Coffee Cold Brew W/ Hazelnut Beverage Syrup

Servings:	1.00	Category:	Milk
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34896

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP BREWED EXPR SO PLAS 4-1	1 Fluid Ounce		342036
1% White Milk	1/2 Cup	READY_TO_DRINK	13871
Water	1/2 Cup	READY_TO_DRINK	Water
SYRUP HZLN T SGR FR PLAS 4-1	1		342304

Preparation Instructions

Fill a 12 fluid ounce cup with ice. Add 1 oz Monin Espresso, 1 oz Monin Carmel Beverage Syrup, 1/2 cup 1% Low Fat Milk, and 1/2 cup Water. Stir or Shake to Mix.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	50.00**		
Fat	1.25g**		
SaturatedFat	0.75g**		
Trans Fat	0.00g**		
Cholesterol	7.50mg**		
Sodium	60.00mg**		
Carbohydrates	5.50g**		
Fiber	0.00g**		
Sugar	5.50g**		
Protein	4.00g**		
Vitamin A	5.00IU**	Vitamin C	1.00mg**
Calcium	15.00mg**	Iron	0.00mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	Thaw at room temperature, ideally for 24 hours.	406321

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice	READY TO EAT	334450
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
EGG SCRMBD PTY RND CKD 25# USDA	1 Each	FOLLOW PACKAGE DIRECTIONS	497241

Preparation Instructions

PREPARE PRODUCTS ACCORDING TO PACKAGE DIRECTIONS. ASSEMBLE AND KEEP WARM UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	297.70
Fat	17.90g
SaturatedFat	8.50g
Trans Fat	0.07g
Cholesterol	139.50mg
Sodium	626.20mg
Carbohydrates	25.00g
Fiber	2.60g
Sugar	2.50g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Creamed (Early Head Start Only)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CREAM STYLE 6-10 GCHC	1/2 Cup	NONE	118958

Preparation Instructions

SIMPLY NEEDS TO HEAT AND SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Shapes

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	COOK FROM FROZEN. DO NOT THAW.	523291

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish shapes on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	240.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	690.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	Cook from a frozen state	503660

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	10.70g
SaturatedFat	4.80g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	404.80mg
Carbohydrates	26.00g
Fiber	2.40g
Sugar	6.00g
Protein	11.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.50mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each	Chill prior to serving.	698251

Preparation Instructions

Chill prior to serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apricot Cup

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT SLCD CUP FZ 96-4.5Z COMM	1 Each	THAW UNDER REFRIGERATION OVERNIGHT. DO NOT REFREEZE.	139201

Preparation Instructions

Serve frozen or thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	125.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	27.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available