

Cookbook for CCMS/HS

Created by HPS Menu Planner

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French Toast Bites

Servings:	1.00	Category:	Grain
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10906
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain French Toast Bites	3 Each	HEAT_AND_SERVE 1. PLACE ON LINED SHEET PAN AND THAW FOR 30-60 MINUTES AT ROOM TEMPERATURE. 2. HEAT IN OVEN AT 375°F FOR 2-3 MINUTES. 3. Roll in cinnamon sugar. 4. Place 6 bites per serving in wax bags 5. Hold in warmer until serving.	?????????

Preparation Instructions

HEAT_AND_SERVE

1. PLACE ON LINED SHEET PAN AND THAW FOR 30-60 MINUTES AT ROOM TEMPERATURE.
2. HEAT IN OVEN AT 375°F FOR 2-3 MINUTES.
3. Roll in cinnamon sugar. (mix one cup cinnamon to 4 cups sugar)
4. Place 6 bites per serving in wax bags
5. Hold in warmer until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving			
Calories	95.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	135.00mg		
Carbohydrates	9.50g		
Fiber	0.50g		
Sugar	3.50g		
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

Biscuits and gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12391
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CENTRY 12-24Z GCHC	1 Tablespoon	STOVE TOP DIRECTIONS: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ. DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE SHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. 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	242400
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	441900

Preparation Instructions

Biscuits: BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Gravy: STOVE TOP DIRECTIONS: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ. DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE SHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. 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

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

Amount Per Serving

Calories	293.83		
Fat	14.88g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	855.49mg		
Carbohydrates	34.51g		
Fiber	1.00g		
Sugar	2.75g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.75mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22103
School:	CCMS/HS		

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
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

Preparation Instructions

BAKE

Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Place one sausage patty per biscuit and serve wrapped individual breakfast sandwiches.

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 1

Amount Per Serving

Calories	321.00
Fat	18.00g
SaturatedFat	8.20g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	582.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 236.00mg	Iron 1.70mg

*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 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22111
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
CHIX BRST FLLT BRD WGRAIN 2.2Z 6- 5#	1 Serving	Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.	535474

Preparation Instructions

Chicken: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.

Biscuits: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Place one chicken filet per biscuit. Wrap and hold above 135* until serving.

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 1

Amount Per Serving

Calories	320.00
Fat	13.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	650.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tornado-sausage or bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22114
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each	Conventional Oven: 25 minutes at 350 degrees F. 12 minutes at 450 degrees F. Preheat oven to appropriate temperature shown in chart. Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven for time shown in chart of until 161 degrees F. Convection Oven: 325 degrees F fan High. 12 minutes. Deep Fryer: 375 degrees F for 3.5 minutes. Do not fry from frozen. Place thawed tornado into fry basket and close lid to prevent tornados from floating. Roller Grill: preheat roller grill on 10 or High setting for 10 minutes. Reduce temperature to 7 or Medium. Fill roller grill with frozen tornados.	740072

Preparation Instructions

Convection Oven: 325 degrees F fan High. 12 minutes. Deep Fryer: 375 degrees F for 3.5 minutes.

Wrap and hold above 135* until serving

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	180.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	280.00mg		
Carbohydrates	21.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Pancake on Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22117
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS PORK & TKY 60-2.51Z	1 1	Conventional Oven: Heat at 375 degrees F, 8-10 minutes if thawed; 16-18 minutes if frozen. Convection Oven:Heat at 350 degrees F, 6-8 minutes if thawed; 14-16 minutes if frozen.	749140

Preparation Instructions

Conventional Oven: Heat at 375 degrees F, 8-10 minutes if thawed; 16-18 minutes if frozen. Convection Oven:Heat at 350 degrees F, 6-8 minutes if thawed; 14-16 minutes if frozen.

*item #777571 is same product but individually wrapped.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 1

Amount Per Serving

Calories	200.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	380.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	7.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22248
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

Preparation Instructions

THAW

Store frozen until ready to use. Thaw overnight under refrigeration. Serve next day.

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 1

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	2.00g		
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

Powdered Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22249
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	Thaw at room temperature. Serve thawed	738201

Preparation Instructions

Thaw at room temperature. Serve 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 1

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

Chocolate/Powdered Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22250
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	Thaw at room temperature. Serve thawed	738181
Powdered Sugar Mini Donuts	1	READY_TO_EAT	019622

Preparation Instructions

Thaw at room temperature. Serve 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 1

Amount Per Serving

Calories	590.00
Fat	27.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	540.00mg
Carbohydrates	83.00g
Fiber	5.00g
Sugar	40.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22251
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	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

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.

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 1

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

Mini Confetti Pancake

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22252
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303

Preparation Instructions

No Preparation Instructions available.

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 1

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
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

Sausage Breakfast Pizza w/tomato sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22253
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BFAST SAUS 2X6 WGRAIN 192CT MAX	1 Each	CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.	340351

Preparation Instructions

CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 1

Amount Per Serving

Calories	150.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	350.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	2.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	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

Sausage/Gravy Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22257
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 96-3.05Z	1 Each	PREHEAT OVEN TO 400 DEGREES F. BAKE ON PARCHMENT LINED PAN 10-15 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. REFRIGERATE OR DISCARD ANY UNUSED PORTION. 24 SERVINGS TO A BAKING SHEET.	135121

Preparation Instructions

PREHEAT OVEN TO 400 DEGREES F. BAKE ON PARCHMENT LINED PAN 10-15 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. REFRIGERATE OR DISCARD ANY UNUSED PORTION. 24 SERVINGS TO A BAKING SHEET.

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 1

Amount Per Serving	
Calories	210.00
Fat	8.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	350.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	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

Sausage Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22259
School:	CCMS/HS		

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
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091

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: 1.00 1

Amount Per Serving

Calories	371.00
Fat	21.50g
SaturatedFat	9.20g
Trans Fat	0.00g
Cholesterol	126.00mg
Sodium	707.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 257.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Cheese Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22262
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

No Preparation Instructions available.

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 1

Amount Per Serving	
Calories	110.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	230.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Danish (assorted)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22263
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DANISH FRUIT ASST IW 60-2.5Z GCHC	1 Each	Thaw and serve	329262

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 1

Amount Per Serving

Calories	240.00
Fat	11.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	240.00mg
Carbohydrates	33.00g
Fiber	0.00g
Sugar	16.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.00mg	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

CinniMini

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22290
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Consume within 6 hours of heating.

Hold above 135* until serving.

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 1

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	4.00g		
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

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22292
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 140-1.1Z	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.	190021

Preparation Instructions

No Preparation Instructions available.

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 1

Amount Per Serving	
Calories	260.00
Fat	8.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	290.00mg
Carbohydrates	42.00g
Fiber	2.00g
Sugar	14.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.60mg	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

French Fries-Crinkle Cut

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22293
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C 6-5 KE	1 Ounce	DEEP FRY: FILL BASKET HALF FULL (1.5 LBS.) WITH FROZEN FRIES. DEEP FRY @ 350°F FOR 3 TO 3 1/2 MINUTES. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.	418450

Preparation Instructions

DEEP FRY: FILL BASKET HALF FULL (1.5 LBS.) WITH FROZEN FRIES. DEEP FRY @ 350°F FOR 3 TO 3 1/2 MINUTES. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

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	0.170

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	43.33		
Fat	1.33g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.33mg		
Carbohydrates	7.33g		
Fiber	0.67g		
Sugar	0.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.67mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken-Mandarin Orange Chicken Chunks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22298
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Meal Components (SLE)

Amount Per Serving

Meat	2.220
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 1

Amount Per Serving

Calories	166.67		
Fat	3.33g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	311.11mg		
Carbohydrates	21.11g		
Fiber	0.00g		
Sugar	11.11g		
Protein	12.22g		
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	0.00mg	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

Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22299
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.	785860

Preparation Instructions

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.

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 1

Amount Per Serving

Calories	154.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	236.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	2.00g
Protein	12.00g

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

Calcium 59.00mg **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

Pizza- Cheese (BigDaddy's)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22300
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3- 3CT	1 slice (5.13 oz)	Cook to 160 degrees F before eating. CONVECTION OVEN: 350 degrees F high fan for 15-18 minutes. IMPINGEMENT OVEN: Pre-heat at 400 degrees F and bake for 6.75 - 8.0 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.	444115

Preparation Instructions

Cook to 160 degrees F before eating. CONVECTION OVEN: 350 degrees F high fan for 15-18 minutes. IMPINGEMENT OVEN: Pre-heat at 400 degrees F and bake for 6.75 - 8.0 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 1

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	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

Chicken-Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22301
School:	CCMS/HS		

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

No Preparation Instructions available.

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 1

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

Rolls-Rich's Whole Grain

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22302
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each	PANNING: 24 (4 X 6) FOR SINGLES, OR 48 (6 X 8) FOR CLUSTERS ON A LINED SHEET PAN - SPRAY PAPER WITH PAN RELEASE TO PREVENT BOTTOM SHRED. RETARD PRODUCT AT 38 DEGREES F (3.30 DEGREES C) FOR 18 HOURS ON A COVERED RACK OR FLOOR THAW TO TEMPLATE # 21 (2 3/4" X 1 3/4"). FLOOR TIME: 60-90 MINUTES AT AMBIENT CONDITIONS TO TEMPLATE # 21. BEFORE BAKING: SPRAY PRODUCT WITH WATER. SEED IF DESIRED. BAKE IN RACK OVEN AT 375 DEGREES F (190 DEGREES C) FOR 10-12 MINUTES; 14-18 MINUTES IF CLUSTER-BAKED. STEAM: 20 SECONDS. CONVECTION OVEN: FOLLOW ABOVE INSTRUCTIONS. BEFORE BAKING, SPRAY EACH ROLL HEAVILY WITH WATER. BAKE TEMP/TIME: 325 DEGREES F (160 DEGREES C) FOR 10-12 MINUTES ROTATE TRAY AT 6-7 MINUTES.	152131

Preparation Instructions

PANNING: 24 (4 X 6) FOR SINGLES, OR 48 (6 X 8) FOR CLUSTERS ON A LINED SHEET PAN - SPRAY PAPER WITH PAN RELEASE TO PREVENT BOTTOM SHRED. RETARD PRODUCT AT 38 DEGREES F (3.30 DEGREES C) FOR 18 HOURS ON A COVERED RACK OR FLOOR THAW TO TEMPLATE # 21 (2 3/4" X 1 3/4"). FLOOR TIME: 60-90 MINUTES AT AMBIENT CONDITIONS TO TEMPLATE # 21. BEFORE BAKING: SPRAY PRODUCT WITH WATER. SEED IF DESIRED. BAKE IN RACK OVEN AT 375 DEGREES F (190 DEGREES C) FOR 10-12 MINUTES; 14-18 MINUTES IF CLUSTER-BAKED. STEAM: 20 SECONDS. CONVECTION OVEN: FOLLOW ABOVE INSTRUCTIONS. BEFORE BAKING, SPRAY EACH ROLL HEAVILY WITH WATER. BAKE TEMP/TIME: 325 DEGREES F (160 DEGREES C) FOR 10-12 MINUTES ROTATE TRAY AT 6-7 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 1

Amount Per Serving

Calories	140.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	24.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Veggie Boat

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22454
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1/2 Cup	PREPARATION: READY FOR RAW USE OR IN A COOKING APPLICATION	302198
TOMATO GRAPE SWT 10 MRKN	3 Each	Ready to eat	129631
BROCCOLI FLORET BITE SIZE 2- 3 RSS	1 Cup		732451

Preparation Instructions

1. Wash all produce
2. In 8 oz cups place 3 carrot sticks, 2 celery sticks, 3 grape tomatoes, and 4 broccoli florets for each serving
3. place lid on cup
4. hold below 35* until serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.571
RedVeg	0.759
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	71.26
Fat	0.38g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	117.40mg
Carbohydrates	14.17g
Fiber	5.10g
Sugar	6.37g
Protein	4.04g
Vitamin A 10562.35IU	Vitamin C 91.28mg
Calcium 91.86mg	Iron 1.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Blend Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22455
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG 4-5 RSS	1 Cup	PREPARATION: RINSE THOROUGHLY. READY TO USE.	414166

Preparation Instructions

PREPARATION: RINSE THOROUGHLY. READY TO USE.

1. Divide salad mix up into one cup portions in 12 oz bowls.
2. Divide the shredded red cabbage and carrots up among the portions evenly.
3. Hold below 40* until serving
4. Serve on refrigerated portion of serving line.

*1 cup credits as the 1/2 cup requirement.

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: 1.00 1

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	2.00g		
Fiber	0.67g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.67mg	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

Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22456
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 5 MRKN	1 Cup	**PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	438197

Preparation Instructions

**PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	32.40
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.00mg
Carbohydrates	7.00g
Fiber	2.20g
Sugar	5.00g
Protein	1.60g

Vitamin A 1499.40IU **Vitamin C** 24.66mg

Calcium 18.00mg **Iron** 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apples-Green

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22458
School:	CCMS/HS		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

Broccoli-Raw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22459
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 Cup	PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732451

Preparation Instructions

PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	30.90
Fat	0.30g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	6.00g
Fiber	2.40g
Sugar	2.00g
Protein	2.60g

Vitamin A 566.93IU **Vitamin C** 81.17mg

Calcium 42.77mg **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

Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22460
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup	PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	781592

Preparation Instructions

PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.

1. Divide Celery sticks into portions that contain 4-5 sticks each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	6.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	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

Cucumber

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22470
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	PREPARATION: RINSE THOROUGHLY. READY FOR RAW CONSUMPTION OR USE IN A COOKING APPLICATION.	361510

Preparation Instructions

1. Rinse vegetables under running water.
2. Cut and divide into 4 oz portions.
3. Hold below 35*

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: 1.00 1

Amount Per Serving

Calories	3.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	1.00g		
Fiber	0.15g		
Sugar	0.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	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

Apples- Fuji

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22472
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI 100CT MRKN	1 Piece	Ready to eat	735612

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

Onion Rings-whole grain

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22473
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	6 Each	CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING	234061

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.200
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 1

Amount Per Serving

Calories	240.00
Fat	9.60g
SaturatedFat	1.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	33.60g
Fiber	3.60g
Sugar	6.00g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Corn- frozen

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22474
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	1/2 Cup	PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	358991

Preparation Instructions

PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

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: 1.00 1

Amount Per Serving

Calories	74.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
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

Hamburger Bun- whole grain

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22475
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Thaw and serve.	517810

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 1

Amount Per Serving

Calories	140.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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 Dog Bun-whole grain

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22476
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	Thaw and serve	517830

Preparation Instructions

Thaw and serve

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 1

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

Peppers & Onions- Roasted

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22477
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce	STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.	847208

Preparation Instructions

STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	60.00		
Fat	1.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	10.67g		
Fiber	2.67g		
Sugar	6.67g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hotdogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22478
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 5/ 2-5 GCHC	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	200174
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	Thaw and serve	517830

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 1

Amount Per Serving	
Calories	380.00
Fat	27.00g
SaturatedFat	10.00g
Trans Fat	1.00g
Cholesterol	55.00mg
Sodium	925.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	14.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	34.22mg
Iron	2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Sauce-Dipping Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22479
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	53.90
Fat	1.20g
SaturatedFat	0.20g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	239.70mg
Carbohydrates	10.00g
Fiber	0.00g
Sugar	6.00g
Protein	1.50g

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

Calcium 0.00mg **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

Granola Bag

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22480
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

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: 1.00 1

Amount Per Serving			
Calories	120.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	3.00g		
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

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22481
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GCHC	1 Cup	PREP: PRODUCT IS READY TO USE.	612448

Preparation Instructions

1. Wipe top of can before opening
2. Open can and use 4 oz spoodle to divide can up into 4 oz servings.
3. Serve in black offer vs. serve bowls
4. Hold below 35* until serving
5. Serve on refrigerated portion of the serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	28.00g		
Fiber	0.00g		
Sugar	22.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22482
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup	PREP: PRODUCT IS READY TO USE.	610364

Preparation Instructions

1. wipe top of can before opening
2. use 4 oz spoodle to make 4 oz portions
3. hold below 35*
4. serve on refrigerated portion of the serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Chicken Patty (breakfast)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22582
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN 2.2Z 6-5#	1	Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.	535474

Preparation Instructions

Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 1

Amount Per Serving

Calories	120.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	240.00mg		
Carbohydrates	9.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	11.00g		
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

Chicken Chunks (Lunch)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22584
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	5 Each	Conventional Oven: Bake for 12 to 14 minutes at 375 degrees F; Turn product after 6 minutes. Convection Oven: Bake for 10 to 12 minutes at 375 degrees F; turn product after 6 minutes.	747651

Preparation Instructions

Conventional Oven: Bake for 12 to 14 minutes at 375 degrees F; Turn product after 6 minutes. Convection Oven: Bake for 10 to 12 minutes at 375 degrees F; turn product after 6 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.560
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 1

Amount Per Serving

Calories	262.50		
Fat	7.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	62.50mg		
Sodium	625.00mg		
Carbohydrates	23.75g		
Fiber	0.00g		
Sugar	0.00g		
Protein	23.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.25mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunks

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22585
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	1/2 Cup	Open can, serve	189952

Preparation Instructions

1. Wipe top of can.
2. Open can and use 4 oz spoodle to make 4 oz portions
3. Divide portions into black offer vs serve bowls
4. Hold below 40* until serving
5. Serve on refrigerated portion of the serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

Amount Per Serving

Calories	59.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.93g		
Fiber	0.75g		
Sugar	12.69g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.22mg	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

Corn (Canned)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22586
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1 Cup	PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	244805

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Beans, Green (Canned)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22587
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	1 Cup	PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	273856

Preparation Instructions

PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

Heat product to 145*

Hold above 145 * until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	6.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beans, Baked

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22589
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1 Cup	PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	583375

Preparation Instructions

PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER 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	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	300.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1180.00mg
Carbohydrates	58.00g
Fiber	10.00g
Sugar	22.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 80.00mg	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

Chicken & Waffle Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22590
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 48-3.5 GINNYS	1 Each	Best to warm in oven 375 degrees F for 4 minutes.	243603
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

For waffle: warm in oven 375 degrees F for 4 minutes. Hold above 135* until serving

For Chicken: BAKE FROM FROZEN: CONVECTION OVEN FOR 6-8 MINUTES AT 350F. Until internal temperature reaches 145* for 15 seconds. Hold above 135* until serving.

Serve chicken and waffle together in 1 pound boat and offer syrup on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.560
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 1

Amount Per Serving			
Calories	570.00		
Fat	28.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	870.00mg		
Carbohydrates	56.00g		
Fiber	4.00g		
Sugar	18.00g		
Protein	23.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	29.88mg	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

Mini Pancakes-Variety

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22592
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	Heat & serve	284841

Preparation Instructions

Heating instructions are on the back of each individual package.

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 1

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

Egg Scramble

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22595
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 Ounce	Bake - Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes	533034

Preparation Instructions

Bake - Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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 1

Amount Per Serving

Calories	120.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	280.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Broccoli,cooked-commodity

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23230
School:	CCMS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	1/2 Cup	Place frozen broccoli in a pan. Apply butter buds and garlic powder evenly across top of broccoli. Cook in oven approximately 15-20 minutes at 350*.	256211
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon	Ready to use	209810
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	Ready to use	224839

Preparation Instructions

No Preparation Instructions available.

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 1

Amount Per Serving			
Calories	33.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	82.00mg		
Carbohydrates	7.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
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

BBQ Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32089

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
CHIP TORTL CRSPY RND 28-3Z TOSTIT	3 Ounce		226682
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup		323616

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: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	12.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	820.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.00mg	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

BBQ Tots

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	1. Oven: Remove product from bag and dump into oven-able container- cover and heat at 350 degrees for 30 minutes or until product reaches 160 degrees F. 2. Steamer: Place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. 3. Water Bath: Place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.	498702
POTATO TATER TOTS 6-5 OREI	1 Cup	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. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
CHEESE CHED SHRD 6-5 COMM	1/4 Ounce		199720

Preparation Instructions

Prepare tots, Heat BBQ, put BBQ on top of tots and sprinkle with cheese.

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	518.25		
Fat	22.25g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	917.51mg		
Carbohydrates	48.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	26.50g		
Vitamin A	0.00IU	Vitamin C	7.20mg
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

Tacos with Queso

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32091

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING PORK REDC FAT 6-5 COMM	3 1/6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	641390
TORTILLA FLOUR 6 24-12CT GRSZ	2 Each		713320
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110

Preparation Instructions

Prepare meat, scoop in bowl, pour cheese over meat, place tortilla on top.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	401.60
Fat	18.60g
SaturatedFat	9.40g
Trans Fat	0.01g
Cholesterol	62.00mg
Sodium	1053.50mg
Carbohydrates	35.00g
Fiber	2.10g
Sugar	4.00g
Protein	24.70g
Vitamin A 668.00IU	Vitamin C 5.00mg
Calcium 299.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer.	661851
GRAVY MIX BROWN 12-15Z GCHC	1 Tablespoon	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

Prepare beef steak and pour gravy over in bowl.

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	171.25		
Fat	12.13g		
SaturatedFat	4.80g		
Trans Fat	0.80g		
Cholesterol	49.00mg		
Sodium	273.50mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.25g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	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

Porkchop Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	Preheat oven to 375 degrees F. Lay out patties on an oven sheet pan in a single layer. Heat for 13-15 minutes or until heated through.	661950
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Prepare pork patty and place on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	465.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Prepare sloppy joe mix and place 3.36 oz on a bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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	245.10		
Fat	6.80g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	803.80mg		
Carbohydrates	29.00g		
Fiber	3.80g		
Sugar	11.00g		
Protein	17.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32096

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE BLND MEX SHRD FINE 4-5 GCHC	1/4 Cup		326135
FRIES 3/8 R/C SEAS 6-5 MCC	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. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	358772

Preparation Instructions

Prepare fries and chili. Place chili on top of fries and sprinkle .25 cup of cheese on top.

Meal Components (SLE)

Amount Per Serving

Meat	1.372
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.261
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	364.29
Fat	19.43g
SaturatedFat	7.17g
Trans Fat	0.00g
Cholesterol	46.27mg
Sodium	757.80mg
Carbohydrates	32.29g
Fiber	4.74g
Sugar	3.43g
Protein	17.92g
Vitamin A 859.01IU	Vitamin C 13.04mg
Calcium 240.99mg	Iron 2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32097

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 and place 4 oz 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	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

No 100g Conversion Available

Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

No Preparation Instructions available.

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

Egg Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG 3Z 6-12CT MINH	1 Each	COOKING INSTRUCTIONS: COOKING TIMES MAY VARY DUE TO EQUIPMENT VARIANCES. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 150°F OR ABOVE. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. COOK THAWED FOR 15-16 MIN. OR FROZEN 20-21 MIN. DEEP FRYER: (350°F) COOK THAWED 6-7 MIN. OR FROZEN 8-9 MIN. MICROWAVE: (700WATTS) COOK THAWED 1-1.5 MIN. OR FROZEN 2-2.5 MIN. CONVECTION OVEN: (350°F) COOK THAWED 12-13 MIN. OR FROZEN 15-16 MIN. Marketing Tips	184284

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	140.00
Fat	4.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	450.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	3.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Beef and Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO BF/CHS SNAC WGRAIN 60-5Z	1 Each	280 degrees F thawed for 25-30 minutes. Convection Oven: 275 degrees F thawed 16-22 minutes. Internal product temperature should reach 160 degrees F.	674921

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: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	630.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 Ounce	PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED	728590

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	0.250
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	314.00
Fat	16.00g
SaturatedFat	6.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	606.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 613.00IU	Vitamin C 23.00mg
Calcium 55.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Open bag carefully to avoid getting burned.	150731

Preparation Instructions

No Preparation Instructions available.

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	304.00
Fat	15.20g
SaturatedFat	8.60g
Trans Fat	0.04g
Cholesterol	46.00mg
Sodium	779.50mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	3.00g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cream cheese bagels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32105

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

No Preparation Instructions available.

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

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.	835910
MEATBALL PORK R/SOD .68Z 6-5# JTM	4 Each	Convection Oven: Add frozen meatballs to sauce, cover pan and heat approximately 30 minutes at 375 degrees F. Stove Top: Add frozen meatballs to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	661991
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce		852759

Preparation Instructions

Prepare noodles and meatballs. Place spaghetti in a bowl and add sauce on top. Top with meatballs.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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	432.00		
Fat	16.00g		
SaturatedFat	4.40g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	432.00mg		
Carbohydrates	52.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving			
Calories	190.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	11.00g		
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

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 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.	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

Amount Per Serving	
Calories	240.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Mini Corndog

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34792

Ingredients

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

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: 6.00

Amount Per Serving	
Calories	266.70
Fat	10.70g
SaturatedFat	1.90g
Trans Fat	0.11g
Cholesterol	34.00mg
Sodium	364.70mg
Carbohydrates	33.00g
Fiber	2.90g
Sugar	12.00g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Dippers

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	4 Each	BAKE Conventional oven: from frozen: preheat oven to 350 degrees f. Bake for 7-9 minutes. Convection oven: from frozen: preheat oven to 350 degrees f. Bake for 4-7 minutes.	136591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 4.00

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	440.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	14.00g		
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

Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & 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.	606783

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

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	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

Fiestada Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34795

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	234.00
Fat	9.10g
SaturatedFat	3.90g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	461.00mg
Carbohydrates	28.00g
Fiber	2.60g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641

Preparation Instructions

Place meatloaf on pan and put in convection over on 350 degrees for 12-14 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

Amount Per Serving			
Calories	190.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	11.00g		
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 Stix

Servings:	1.00	Category:	Entree
Serving Size:	7.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	7 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.	283562

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Amount Per Serving	
Calories	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	340.00mg
Carbohydrates	14.00g
Fiber	2.00g
Sugar	1.00g
Protein	13.00g
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

Lasagna Roll-up

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES	234041

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving

Calories	240.00
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	390.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 300.00mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

Prepare chicken strips, lay out tortilla shell, place 3 oz of chicken on shell, and roll up.

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

Amount Per Serving

Calories	360.00
Fat	21.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	500.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.00mg	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

Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	491074

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving

Calories	304.50
Fat	12.50g
SaturatedFat	7.30g
Trans Fat	0.06g
Cholesterol	37.00mg
Sodium	706.00mg
Carbohydrates	31.00g
Fiber	0.10g
Sugar	8.00g
Protein	16.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 400.00mg	Iron 1.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Plinto Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	1/2 Cup	Place beans in a pan and heat up on stovetop.	261475

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	21.00g
Fiber	5.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	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