

# **Cookbook for Merkley Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Highland Sliders**

**Mini Corn Dogs**

**STOH Chef Salad - Middle School**

**100% All Beef Hot Dog on WG Bun (Elem)**

**Milk, Variety**

**Assorted Canned Fruit**

**Asst Fresh Fruit (Banana)**

**Steamed Green Beans**

**Nachos Supreme**

**Taco Walking MTG**

**WG Garlic Toast**

**Dinner Roll - WG**

**Carrots, Fresh baby**

**Refried Beans**

**Tomatoes, Cherry**

**Chicken Smackers with WG roll**

**Mashed Potato**

**Broccoli Steamed**

**Salad Mixed Green MTG**

**Chicken Drummie & WG Roll**

**Macaroni & Cheese**

**Strawberry Applesauce**

**Cereal and Yogurt**

**Pop Tart and Yogurt**

**Cereal and String Cheese**

**Mini Pancakes and Sausage Links**

**Breaded Chicken Sandwich**

**Chicken Tenders and Wheat Bread Slice**

**Hamburger on Bun**

**Cheeseburger**

**Rotini & Garlic Bread (Pasta Day)**

**Popcorn Chicken (Spicy and Regular) and Wheat Bread**

**Yogurt & Granola Bar Meal**

**Cereal and Muffin Meal**

**Cereal & Poptart Meal**

**Cereal & Granola Bar Meal**

**Poptart and Cheese Stick**

**Biscuits & Gravy**

**Spicy Popcorn Chicken and Wheat Bread**

**Ravioli & Garlic Toast**

**Chicken Smackers (10pc) and Roll**

**Grilled Chicken Sandwich**

**Chicken Nuggets and WG Bread**

**Beef Taco**

**Sunshine Lunch**

**Turkey Deli Sandwich Meal**

**Romaine Salad Mix**

**Meatball Sub Sandwich**

**Pizza Bosco and Dip**

**Cheeseburger on Bun - STOH**

**Spicy Chicken Sandwich**

**Firehouse Chicken Sandwich**

**Poptart and Elf Grahams**

**Hot Ham and Cheese Croissant**

**SPICY CHICKEN SANDWICH**

**Boneless Wings and WG Roll**

**Bagel and Cream Cheese**

**Poptart and Elf Grahams**

**Bacon Cheeseburger**

**BBQ RIB SANDWICH**

**BBQ CHICKEN SANDWICH**

**Chicken Quesadilla**

**Cheese Quesadilla**

**Orange Chicken**

**Wild Mike's Deep Dish Personal Pan Cheese Pizza**

**Stuffed Crust Pizza**

**Corn Dog**

**Toasted Cheese Sandwich**

**Country Fried Steak & Dinner Roll**

**Bosco and Meat Sauce**

**Chicken Smackers and WG Bread Slice**

**Cheesy Potato Soup**

**Italian Calzone**

**Steamed Broccoli with Cheese**

**Cheesy Breadsticks**

**Ham Deli Sandwich Meal**

**Cinnamon Glazed Whole Grain French Toast**

**Breakfast Burrito**

**Biscuits & Gravy**

**Pancake Wrap**

**Mini Maple Pancakes**

**Breakfast Pizza**

**Chicken Noodle Soup**

**Chicken Parmesan Sandwich**

**Popcorn Chicken Bowl**

**STOH Chef Salad - Elementary**

**Chicken Nuggets (5pc) and Roll**

**100% All Beef Hot Dog on WG Bun (Secondary)**

**Breakfast Sandwich - Elem**

**STOH Chef Salad - Elementary (salad only)**

**Sunshine Blenderless Smoothie Bowl**

**Hummus Plate**

**Granola Yogurt Banana Pops**

**Peaches & Cream Overnight Oats**

**Ham and Cheese Slider**

**Warm Cinnamon Roll**

**BBQ Pulled Pork Sandwich on WG Bun**

**Spaghetti with Rotini Noodle and WG Roll**

**Chicken Caesar Wrap**

# Highland Sliders

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 eaches	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8655
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK MINI BRGR BUN 72- 2.2Z GCHC	1 Each	<p><b>GRILL</b>                      Flat grill: preheat flat grill (350 degrees f) and heat product for 4-7minutes from a frozen state, turning frequently to avoid excessive browning.                      Conventional oven: preheat oven to 350 degrees f. Heat frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f.                      Convection oven: preheat oven to 350 degrees f. Heat frozen product for 6-8 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 30 seconds-2 minutes or until internal temperature reaches 165 degrees f. Longer cooking times are required for thicker burgers.</p>	704430

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 eaches

#### Amount Per Serving

<b>Calories</b>	1.90		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.25mg		
<b>Sodium</b>	2.20mg		
<b>Carbohydrates</b>	0.15g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.01mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Mini Corn Dogs

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9306
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	1 Serving	BAKE CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	497360
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	READY_TO_EAT None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270

## Preparation Instructions

Wash hands and put on gloves.

Line trays or baking racks with parchment paper. Open bags and use one bag per tray. Distribute product evenly and bake at 350 degrees for 10 (if thawed) -15 minutes (if frozen) or until internal temp reaches 165 degrees.

Serving size is 6 pieces.

CN labeled

Case Yield = 40 servings

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

### Amount Per Serving

<b>Calories</b>	270.46
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	482.49mg
<b>Carbohydrates</b>	30.10g
<b>Fiber</b>	1.50g
<b>Sugar</b>	7.57g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.15IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.07mg	<b>Iron</b> 2.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# STOH Chef Salad - Middle School

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9308
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	2 Cup		182570
Grape Tomatoes	6 Each		749041
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM IMIT GRTD 2-5 SCHRBR	1 Teaspoon		595101
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1 Tablespoon	<b>READY_TO_EAT</b> Open, pour and enjoy!	365880
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
DRESSING FREN RED RNCH 4-1GAL LTHSE	1 Tablespoon	<b>READY_TO_EAT</b> Open, pour and enjoy!	132171
Dinner Roll (Alpha Baking)	2	RTE	
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

## Preparation Instructions

For salad prep

1. Cut, wash and drain romaine
2. Place 2 cup romaine in clam shell/black salad container

3. Wash cherry tomatoes

3. Top with 6-8 cherry tomatoes

For grilled chicken prep

1. Steam grilled chicken breasts until internal temp of 165 is reached.

2. Cut chicken into bite size pieces

3. Place on top of salad bed

If desired - Sprinkle Parmesan cheese on top of salad

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Offer with dressing & two WG dinner rolls (2oz grain)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	491.67
<b>Fat</b>	18.75g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	1338.33mg
<b>Carbohydrates</b>	56.17g
<b>Fiber</b>	4.50g
<b>Sugar</b>	15.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.00mg	<b>Iron</b> 0.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% All Beef Hot Dog on WG Bun (Elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9310
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each	Thaw if frozen, or serve fresh	53071
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
FRANKS BEEF 8/ 2-5 BALLP	1 Each	<b>BOIL</b> Heat water to a rolling boil. <b>GRILL</b> Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. <b>MICROWAVE</b> Place hot dog in bun and wrap in paper towel. <b>READY_TO_EAT</b> Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. <b>STEAM</b> Place pan in steamer, close door, set timer and steam until done.	585815
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	<b>READY_TO_EAT</b> None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
RELISH SWT PICKLE 4-1GAL GCHC	1 Tablespoon		517186

## Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.

3. Serve with ketchup, mustard, pickle relish

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 2.0 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	403.71
<b>Fat</b>	21.29g
<b>SaturatedFat</b>	10.33g
<b>Trans Fat</b>	0.53g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1169.84mg
<b>Carbohydrates</b>	35.85g
<b>Fiber</b>	2.38g
<b>Sugar</b>	9.59g
<b>Protein</b>	18.37g
<b>Vitamin A</b> 5.95IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.89mg	<b>Iron</b> 2.48mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Milk, Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9311
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Pint		13871
.5 pint 1% chocolate milk	1 Pint		
1% Strawberry Milk*	1 Pint		
Prairie Farms Skim White Milk Carton	1 Pint		

## Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.800
<b>Grain</b>	0.400
<b>Fruit</b>	0.200
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	84.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.00mg
<b>Sodium</b>	109.00mg
<b>Carbohydrates</b>	12.20g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.60g
<b>Protein</b>	6.40g
<b>Vitamin A</b> 4.00IU	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 12.00mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Assorted Canned Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9314
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup	Wash hands. Put on clean gloves. Open #10 cans. Drain liquid first or use slotted spoon to portion into 1.2 cup portions into 5 oz plastic cups. Place filled cups on tray, slide tray on rolling rack and refrigerate until service.	256760

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 3.60mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Asst Fresh Fruit (Banana)

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9315
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Steamed Green Beans

<b>Servings:</b>	26.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9316
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	26 1/2 cup		221990
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

## Preparation Instructions

Wash hands and put on gloves.

Open cans of green beans into steam table pan and steam with lid on until 165 degrees is reached. Sprinkle with Mrs. Dash for flavoring/seasoning.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.80mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Nachos Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9317
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	#16 scoop	722330
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/8 Cup	Garnish	678791
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	#30 scoop	534331
SALSA 103Z 6-10 REDG	1/4 Cup	#16 scoop	452841
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	approx 11 chips per ounce Serve 22 chips	163020

## Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion #16 scoop of meat, 2oz cheese sauce on top of 22 tortilla chips
3. Offer with lettuce, salsa & sour cream

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.262
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.065
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	462.66
<b>Fat</b>	21.03g
<b>SaturatedFat</b>	7.64g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	46.45mg
<b>Sodium</b>	910.88mg
<b>Carbohydrates</b>	53.41g
<b>Fiber</b>	5.39g
<b>Sugar</b>	4.73g
<b>Protein</b>	18.08g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 347.85mg	<b>Iron</b> 4.58mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Walking MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9318
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	19 13/16 Pound		722330
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound		150250
SALSA CUP 84-3Z REDG	7 Pound	READY_TO_EAT None	677802
"Taco in a bag" Nacho Cheese Tortilla Chips	100 Package		20360-0112

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. .PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.0 oz meat/meat alternate, 2.0 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.016
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.035
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	426.97
<b>Fat</b>	22.95g
<b>SaturatedFat</b>	9.40g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	64.50mg
<b>Sodium</b>	802.16mg
<b>Carbohydrates</b>	34.02g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.21g
<b>Protein</b>	21.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.31mg	<b>Iron</b> 2.98mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# WG Garlic Toast

<b>Servings:</b>	144.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9319
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	80.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	1.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Dinner Roll - WG

<b>Servings:</b>	240.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9320
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WHEAT 240-1.5Z RICH	1 Each		511269

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	170.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.10mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Carrots, Fresh baby

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9321
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	21.36g
<b>Fiber</b>	7.12g
<b>Sugar</b>	10.72g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 42800.00IU	<b>Vitamin C</b> 15.60mg
<b>Calcium</b> 74.72mg	<b>Iron</b> 0.72mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9322
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1/2 Cup		293962

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tomatoes, Cherry

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9323
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	32.40
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	2.20g
<b>Sugar</b>	5.00g
<b>Protein</b>	1.60g
<b>Vitamin A</b> 1499.40IU	<b>Vitamin C</b> 24.66mg
<b>Calcium</b> 18.00mg	<b>Iron</b> 0.49mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Smackers with WG roll

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9324
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
White Wheat Dinner Rolls	1		33119

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

LINE BAKING SHEET/TRAY WITH PARCHMENT. ADD ONE BAG OF SMACKERS PER TRAY. SPREAD OUT EVENLY IN SINGLE LAYER.

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. COOK UNTIL INTERNAL TEMP REACHES 165 DEGREES

SERVING SIZE = 10 PCS

SERVE/OFFER- WG DINNER ROLL OR WG BREAD

CASE YIELD= 108 SERVINGS

CN LABELED

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 10.00 Each

### Amount Per Serving

<b>Calories</b>	260.27
<b>Fat</b>	13.01g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	550.53mg
<b>Carbohydrates</b>	17.05g
<b>Fiber</b>	3.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.01g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.11mg	<b>Iron</b> 1.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Mashed Potato

<b>Servings:</b>	360.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9325
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	4 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BUTTER SUB 24-4Z BTRBUDS	48 Ounce		209810

## Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	360.93		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1608.00mg		
<b>Carbohydrates</b>	68.27g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.20mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Broccoli Steamed

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9326
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902
OIL OLIVE XVGRN SPRAY 6-12FLZ OLIVARI	1 Ounce		617531
SEASONING A/P HERB NO SALT 13Z TRDE	1/2 Ounce		647240

## Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	133.33**
<b>Fat</b>	0.00g**
<b>SaturatedFat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	80.00mg**
<b>Carbohydrates</b>	26.67g**
<b>Fiber</b>	16.00g**
<b>Sugar</b>	5.33g**
<b>Protein</b>	16.00g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 186.67mg**	<b>Iron</b> 5.33mg**

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Salad Mixed Green MTG

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9327
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1 Cup		305812
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup	+/- 10 lbs	198587
Grape Tomatoes	3 Ounce		749041
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	365880
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
DRESSING FREN RED RNCH 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132171

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes. or add grape tomatoes
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.
6. Serve with choice of dressings (french, ranch, italian)

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	1.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	141.95		
<b>Fat</b>	7.78g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	365.25mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.58g		
<b>Sugar</b>	10.25g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	13.65IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	18.08mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Drummie & WG Roll

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9329
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
White Wheat Dinner Rolls	1 Each		33119

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	246.67
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	3.12g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	583.33mg
<b>Carbohydrates</b>	10.83g
<b>Fiber</b>	1.33g
<b>Sugar</b>	0.33g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.97mg	<b>Iron</b> 1.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Macaroni & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9331
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122
Dinner Roll (Alpha Baking)	1 Serving		
MARGARINE CUP SPRD 600-5GM PROMISE	1 Serving		462608

## Preparation Instructions

1. Wash hands and put on gloves
  2. Prepare mac and cheese from thawed state. Follow package directions for prep. Empty contents into steam pan.
  3. Cover with foil and steam until product reaches 165 degrees (typically after 45 minutes)
  4. If rolls are frozen, thaw.
  5. Hot hold mac & cheese until service. Ladle 6 ounce portions
  - 6, Offer with WG roll and promise margarine cup
- CN labeled  
Mac & Cheese credits as 2m/ma and 1 grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.38g
<b>Cholesterol</b>	33.75mg
<b>Sodium</b>	1315.00mg
<b>Carbohydrates</b>	51.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	7.75g
<b>Protein</b>	21.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 465.75mg	<b>Iron</b> 0.75mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Applesauce

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9332
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE POUÇ STRAWB SQZ 50-3.17Z	1 Each	Ready To Eat	415981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cereal and Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9368
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	175.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	210.00mg	<b>Iron</b>	3.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Pop Tart and Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9369
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Ready to eat Serve with yogurt	452062
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	175.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	25.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 1.80mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cereal and String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9402
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 308.00mg	<b>Iron</b> 3.00mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Mini Pancakes and Sausage Links

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9514
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *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.	269220
SAUSAGE LNK CKD SKNLS 1Z 10 JDF	2 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	734969
SYRUP PANCK MAPL 2 4-1GAL GCHC	1 Fluid Ounce		232068

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	515.00
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	50.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.50mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9515
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422

## Preparation Instructions

Wash hands and put on gloves. Cook from frozen. Line chicken patties on tray/rack that is lined with parchment paper. Bake @ 350 degrees for 8-10 minutes or until internal temp reads 165 degrees. Put one chicken patty on WG bun and serve. Offer with mayo/mustard.

Offer condiments.

Case yield = 150 servings

CN labeled

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	570.39
<b>Fat</b>	22.53g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.60mg
<b>Sodium</b>	1096.45mg
<b>Carbohydrates</b>	61.53g
<b>Fiber</b>	7.50g
<b>Sugar</b>	6.02g
<b>Protein</b>	30.00g
<b>Vitamin A</b> 0.06IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 112.53mg	<b>Iron</b> 4.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders and Wheat Bread Slice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9518
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	1 Serving	<p>WASH HANDS AND PUT ON GLOVES</p> <p>Thawing Instructions</p> <p>PREPARE FROM FROZEN STATE</p> <p>Shelf Life</p> <p>FROZEN = 270 DAYS AT 0* OR LESS FROM DATE OF PRODUCTION.</p> <p>Basic Preparation</p> <p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.</p> <p>CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.</p> <p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p>	283951
School White Wheat Sandwich Bread	1 Slice		12385
DRESSING RNCH LT 4- 1GAL GCHC	1 Tablespoon		472999
Mrs. Clarks BBQ Sauce 4/1gal	1 Tablespoon	READY_TO_EAT	52928
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

## Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

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

SERVING SIZE - 3 TENDERS AND ONE WG BREAD SLICE

Serve with one slice WG bread.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	419.38
<b>Fat</b>	20.24g
<b>SaturatedFat</b>	3.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	778.65mg
<b>Carbohydrates</b>	41.20g
<b>Fiber</b>	4.18g
<b>Sugar</b>	9.50g
<b>Protein</b>	17.39g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.59mg	<b>Iron</b> 2.67mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9519
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
BEEF BRGR CKD CHARB CN 81-3.1Z GCHC	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100660
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	<b>READY_TO_EAT</b> None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black plan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Serve with lettuce, tomato, mustard, ketchup and pickle.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.100
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	412.90		
<b>Fat</b>	22.77g		
<b>SaturatedFat</b>	8.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	597.50mg		
<b>Carbohydrates</b>	29.66g		
<b>Fiber</b>	2.37g		
<b>Sugar</b>	6.32g		
<b>Protein</b>	20.72g		
<b>Vitamin A</b>	5.95IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.90mg	<b>Iron</b>	2.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	347.40
<b>Fat</b>	17.07g
<b>SaturatedFat</b>	6.57g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	51.50mg
<b>Sodium</b>	769.00mg
<b>Carbohydrates</b>	28.66g
<b>Fiber</b>	3.27g
<b>Sugar</b>	3.82g
<b>Protein</b>	22.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 114.50mg	<b>Iron</b> 3.34mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rotini & Garlic Bread (Pasta Day)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9531

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Serving		728590
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	394.00
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	755.99mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 612.99IU	<b>Vitamin C</b> 23.00mg
<b>Calcium</b> 59.00mg	<b>Iron</b> 4.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Popcorn Chicken (Spicy and Regular) and Wheat Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9532

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	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.	327120
School White Wheat Sandwich Bread	1 Slice		12385

## Preparation Instructions

Wash hands and put on gloves.

Line rack with parchment paper. Open and arrange one bag per rack/tray. Bake at 350 degrees for 10-12 minutes or until temp reaches 165 degrees. Hot hold until service. offer with WG bread slice/roll.

Serving size = 12 pieces

Case yield = 144 servings

CN labeled

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.560
<b>Grain</b>	1.280
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	139.63
<b>Fat</b>	4.96g
<b>SaturatedFat</b>	0.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.11mg
<b>Sodium</b>	260.56mg
<b>Carbohydrates</b>	16.98g
<b>Fiber</b>	2.10g
<b>Sugar</b>	1.81g
<b>Protein</b>	6.67g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.67mg	<b>Iron</b> 1.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt & Granola Bar Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9598
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	RTE, keep refrigerated	885750
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each	RTE	526283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	130.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 111.00mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Cereal and Muffin Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9599
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	READY_TO_EAT	262343

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 14.41IU	<b>Vitamin C</b> 0.05mg
<b>Calcium</b> 122.76mg	<b>Iron</b> 4.33mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cereal & Poptart Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9600
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	READY_TO_EAT	452062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	58.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.00mg	<b>Iron</b> 3.60mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cereal & Granola Bar Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9602
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	Ready To Eat	283620
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	245.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	2.80mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Poptart and Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9621
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.00mg	<b>Iron</b> 1.80mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# Biscuits & Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9622
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUSAGE FZ WHITE 6-5 OWENS	2 Ounce		511781
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

Wash hand and put on gloves.

### BISCUITS

For best results, thaw at least 2 hours at room temperature prior to heating. Place in warmer at 180 degrees prior to service.

### GRAVY

For best results, thaw gravy in refrigerator overnight. Place bag in steam table pan and steam (or boil) until product reaches 165 degrees. Product may also be poured into a steam table pan and steamed in a combi oven until desired temp of 165 degrees is reached.

Gravy is ladled over split biscuit.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	287.37
<b>Fat</b>	14.63g
<b>SaturatedFat</b>	8.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.42mg
<b>Sodium</b>	654.21mg
<b>Carbohydrates</b>	31.63g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.42g
<b>Protein</b>	5.68g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 178.42mg	<b>Iron</b> 1.92mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Popcorn Chicken and Wheat Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9623
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	1 Serving	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. UNPREPARED	327130
School White Wheat Sandwich Bread	1 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	320.30
<b>Fat</b>	15.17g
<b>SaturatedFat</b>	2.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.82mg
<b>Sodium</b>	524.57mg
<b>Carbohydrates</b>	29.06g
<b>Fiber</b>	3.36g
<b>Sugar</b>	2.59g
<b>Protein</b>	16.57g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.77mg	<b>Iron</b> 2.85mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Ravioli & Garlic Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9624
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 Serving	<b>HEAT_AND_SERVE</b> Wash Hands. Empty Beef Ravioli in Meat Sauce into a half size steam table pan and cover tightly with aluminum foil or use plastic wrap for steamer application. Steam in pressure or convection oven at 350 degrees for approximately 30 minutes until serving temperature of 165 degrees is obtained.	496286
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

Store remaining portions in tightly sealed shallow plastic container or storage bag. Date stamp accordingly and refrigerate or freeze.

Thaw under refrigeration. YIELD 13 portions averaging 8.31 oz. each.

Serving suggestion: Cheesy Beef Ravioli: Sprinkle with shredded mozzarella cheese. Heat in oven until cheese is melted and temp reaches 165 degrees

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.00mg	<b>Iron</b>	3.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Smackers (10pc) and Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9625
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	BAKE FROM FROZEN: LINE TRAY WITH PARCHMENT PAPER. 1 BAG PER RACK/TRAY. CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
White Wheat Dinner Rolls	1 Each		33119
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
Mrs. Clarks BBQ Sauce 4/1gal	2 Tablespoon	READY_TO_EAT	52928
MARGARINE CUP SPRD 600- 5GM PROMISE	1 Each		462608

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

SERVING SIZE IS 10 NUGGETS AND 1 ROLL

1 CASE = 105 SERVINGS

6-5# BAGS

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	460.00		
<b>Fat</b>	18.75g		
<b>SaturatedFat</b>	3.87g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	1060.00mg		
<b>Carbohydrates</b>	51.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	200.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.92mg	<b>Iron</b>	2.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Grilled Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9626
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244

## Preparation Instructions

Wash hands and put on gloves.

Place 50 grilled chicken patties in black pan and place in steamer for 25 minutes or until internal temp reaches 165 degrees. Drain excess liquids and place a metal lid on the pan. Hot hold until service. At time of service, place one grilled chicken patty between a bun, wrap in foil wrapper. Offer tomato slices, leaf lettuce, pickle slices, and condiments.

Each case of grilled chicken patties yields 60 servings

F/C

CN labeled

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	254.40		
<b>Fat</b>	7.07g		
<b>SaturatedFat</b>	1.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	805.00mg		
<b>Carbohydrates</b>	28.66g		
<b>Fiber</b>	2.27g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	19.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets and WG Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9627
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL CKD 535-.78Z	1 Serving		150220
School White Wheat Sandwich Bread	1 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	356.88		
<b>Fat</b>	17.24g		
<b>SaturatedFat</b>	3.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.75mg		
<b>Sodium</b>	653.65mg		
<b>Carbohydrates</b>	26.45g		
<b>Fiber</b>	2.43g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	22.39g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.09mg	<b>Iron</b>	2.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Beef Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9628
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each	Serving is 2 taco shells; #8 (3.17oz) scoop of taco meat distributed evenly between both shells	882690
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	<b>Thawing Instructions</b> THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. <b>Basic Preparation</b> PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Once product reaches internal temp of 165 degrees hot hold until service. At service scoop 2 ounces of meat onto each taco shell	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	Please 1 ounce of shredded cheese on top of the meat inside the taco shell	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/4 Cup		755826
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	Place diced tomatoes into serving container and cold hold before and during service.	786543

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

Thawing Instructions for Taco Meat

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Transfer meat to steam table pans. Cover and hot hold until service.

During service, distribute one scoop of meat (#8 scoop) between 2 taco shells

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.520
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.797
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	362.80
<b>Fat</b>	15.48g
<b>SaturatedFat</b>	8.92g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	49.60mg
<b>Sodium</b>	546.17mg
<b>Carbohydrates</b>	38.02g
<b>Fiber</b>	7.00g
<b>Sugar</b>	5.66g
<b>Protein</b>	20.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.81mg	<b>Iron</b> 4.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sunshine Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9651

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
Baby Carrots	4 Ounce		
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup		197858

## Preparation Instructions

Wash carrots and grapes. Assemble container with one yogurt, one cheese stick, 2 pkg gold fish crackers, 4 oz baby carrots and 4 oz grapes.

Credits for 2m/ma; 2 grains , 1/2 cup red/orange and 1/2 cup fruit

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	8.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	616.27
<b>Fat</b>	13.27g
<b>SaturatedFat</b>	5.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	926.67mg
<b>Carbohydrates</b>	100.67g
<b>Fiber</b>	12.73g
<b>Sugar</b>	48.33g
<b>Protein</b>	14.53g
<b>Vitamin A</b> 84.00IU	<b>Vitamin C</b> 3.36mg
<b>Calcium</b> 349.76mg	<b>Iron</b> 1.65mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Deli Sandwich Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9652

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diamond Jim's - Wheat	1 Each	READY_TO_EAT	31454
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 Ounce		442763
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 5X6 XL 5 MRKN	1 Slice		438197
LETTUCE LEAF 12CT MRKN	1 Piece		198668
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham and/or turkey as needed

Portion 3 ounces of turkey and place on hoagie. Add 1 slice american cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and condiments.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.054
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.042
<b>OtherVeg</b>	0.100
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	287.88
<b>Fat</b>	10.11g
<b>SaturatedFat</b>	3.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	1434.75mg
<b>Carbohydrates</b>	32.57g
<b>Fiber</b>	2.54g
<b>Sugar</b>	8.17g
<b>Protein</b>	24.19g
<b>Vitamin A</b> 68.43IU	<b>Vitamin C</b> 1.03mg
<b>Calcium</b> 163.06mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Romaine Salad Mix

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9653
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup		165761
CUCUMBER SELECT 6CT MRKN	2 Slice		592323
PEPPERS GREEN LRG 5 MRKN	1 Ounce		592315
TOMATO GRAPE SWT 10 MRKN	2 Ounce		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.294
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	18.68		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.94mg		
<b>Carbohydrates</b>	3.46g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	2.46g		
<b>Protein</b>	1.19g		
<b>Vitamin A</b>	450.59IU	<b>Vitamin C</b>	21.32mg
<b>Calcium</b>	16.81mg	<b>Iron</b>	0.42mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Meatball Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10142
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	1 Serving		785860
Diamond Jim's - Wheat	1 Each	READY_TO_EAT Spoon 4 meatballs and sauce onto bun. Sprinkle with 1 oz, shredded mozzarella cheese	31454
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Ounce	Open cans and pour into steam table pans. Heat sauce to 165. Add cooked meatballs. Stir, cover and hot hold until service	852759
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.420
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	336.42
<b>Fat</b>	14.14g
<b>SaturatedFat</b>	5.94g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	43.50mg
<b>Sodium</b>	823.33mg
<b>Carbohydrates</b>	37.49g
<b>Fiber</b>	5.02g
<b>Sugar</b>	9.79g
<b>Protein</b>	23.09g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 235.84mg	<b>Iron</b> 2.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Bosco and Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10162
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	1 Serving		787421
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	3 Ounce		573201

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.330
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	329.46
<b>Fat</b>	12.75g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.46mg
<b>Sodium</b>	615.36mg
<b>Carbohydrates</b>	32.82g
<b>Fiber</b>	3.07g
<b>Sugar</b>	5.75g
<b>Protein</b>	20.04g
<b>Vitamin A</b> 346.61IU	<b>Vitamin C</b> 10.18mg
<b>Calcium</b> 199.57mg	<b>Iron</b> 3.07mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cheeseburger on Bun - STOH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10329
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
BEEF BRGR CKD CHARB CN 81-3.1Z GCHC	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100660
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	<b>READY_TO_EAT</b> None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.100
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	467.90		
<b>Fat</b>	27.27g		
<b>SaturatedFat</b>	10.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	822.50mg		
<b>Carbohydrates</b>	30.66g		
<b>Fiber</b>	2.37g		
<b>Sugar</b>	6.82g		
<b>Protein</b>	23.72g		
<b>Vitamin A</b>	5.95IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	89.40mg	<b>Iron</b>	2.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10330
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 3.08mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Firehouse Chicken Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10332
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
CHEESE PEPR JK SLCD 6-1.5	1 Slice		777587

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	740.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 215.00mg	<b>Iron</b> 3.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Poptart and Elf Grahams

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10659
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	245.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 3.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham and Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10671
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	3 Ounce	Thaw ham slices. Drain excess liquid from ham slices. Place 3 oz ham slices on one half of the croissant	100187
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Place 1 slice cheese on top of the ham slices and put top of the sliced croissant on top of the ham and cheese. Wrap in foil wrapper and place in steam table pan. Place in warmer to heat sandwich through and melt cheese. Serve hot.	150260
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE CONVECTION OVEN:</b> 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. <b>READY_TO_EAT THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	6.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	477.00
<b>Fat</b>	24.50g
<b>SaturatedFat</b>	11.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	125.50mg
<b>Sodium</b>	1867.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	38.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.50mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# SPICY CHICKEN SANDWICH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10677
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
Hamburger Bun 4in - Wheat	1 Each		51070
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	444.40
<b>Fat</b>	19.32g
<b>SaturatedFat</b>	2.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	805.00mg
<b>Carbohydrates</b>	49.16g
<b>Fiber</b>	4.27g
<b>Sugar</b>	7.32g
<b>Protein</b>	18.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Boneless Wings and WG Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10698
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
White Wheat Dinner Rolls	1 Each		33119

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	1.87g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.92mg	<b>Iron</b>	1.79mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bagel and Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10711

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	Thaw and Serve	217911
CHEESE CREAM CUP 100-1Z GCHC	1 Each	Serve with Bagel	228427

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	255.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.44mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Poptart and Elf Grahams

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	RTE	452062
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package	RTE	123171

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	245.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 3.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Bacon Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice	Cook according to package directions and place one slice on steamed hamburger patty	365620
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Place one cheese slice on steamed patty	150260
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	Cook according to package directions. F/C patty needs to reach internal temp of 165 degrees. Once cooked, place one patty on WG bun and top with one (1) bacon slice and one (1) cheese slice	785850
Hamburger Bun 4in - Wheat	1 Each	Serve with romaine leaf lettuce, tomato slices, pickles and condiments	51070

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	382.40		
<b>Fat</b>	19.92g		
<b>SaturatedFat</b>	7.62g		
<b>Trans Fat</b>	0.62g		
<b>Cholesterol</b>	56.50mg		
<b>Sodium</b>	894.30mg		
<b>Carbohydrates</b>	28.66g		
<b>Fiber</b>	3.27g		
<b>Sugar</b>	3.82g		
<b>Protein</b>	24.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.50mg	<b>Iron</b>	3.43mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# BBQ RIB SANDWICH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB SHAPED PATTY, BBQ SEASONED, FC, CN	1 Each	BAKE PLACE IN SINGLE LAYER ON SPRAYED BAKING SHEET BRUSH LIGHTLY WITH BBQ SAUCE CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	75156
Diamond Jim's - Wheat	1 Each	READY_TO_EAT	31454

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	244.09		
<b>Fat</b>	9.14g		
<b>SaturatedFat</b>	3.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	694.00mg		
<b>Carbohydrates</b>	29.99g		
<b>Fiber</b>	3.35g		
<b>Sugar</b>	5.96g		
<b>Protein</b>	17.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.67mg	<b>Iron</b>	1.38mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# BBQ CHICKEN SANDWICH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11495

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	Thaw chicken under refrigeration. Wash hands. Put on gloves. Mix chicken with light coating of BBQ sauce. Place in steam table pan, cover and heat to internal temperature of 165 degrees.	570533
Alpha Hamburger Bun 4in Wheat	1 Each	Spoodle 3 oz serving on bun. Serve immediately	
SAUCE BBQ CLSC 4-1GAL CATL	2 Tablespoon		425583

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	310.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.68mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken Quesadilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11498

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each	Wash hands. Put on gloves. Line quesadillas on a papered baking sheet. Bake at 350 degrees for 10-12 minutes or until internal temp reads 165 degrees. Hot hold until service. One (1) per serving Offer: Salsa and/or sour cream	231750

## Preparation Instructions

Wash hands. Put on gloves. Line quesadillas on a papered baking sheet. Bake at 350 degrees for 10-12 minutes or until internal temp reads 165 degrees. Hot hold until service.

One (1) per serving

Offer: Salsa and/or sour cream

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 2.70mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Cheese Quesadilla

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11501

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	96 Each	Wash Hands. Put on gloves. Place quesadillas on paperlined tray. Bake at 350 degrees for 10-12 minutes or until internal temp reaches 165 degrees. Hot hold until service. Offer salsa and/or sour cream Serving = 1 each	231771

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.90mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11507

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1000 Piece	FOR 50 SERVINGS - USE 2 BAGS FOR 100 SERVINGS - USE 4 BAGS BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
RICE BRN ASIAN 6-26.4Z UBEN	50 Cup	Oven 1. Combine 1 ½ quarts(6 cups) HOT water (190F) and contents ofseasoning packet in a deep halfsize steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well. 2. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed. 3. Stir well. Serve immediately or keep warm (160 °F). Fluff with fork before serving. 1/2 cup prepared rice = 0.75 grains 1 cup prepared = 1.50 grains	244541
JUICE PINEAPPLE 6Z 8-6CT DOLE	2 Cup	FOR 50- SERVINGS - USE 1 CUP FOR 100 SERVINGS - USE 2 CUPS	304523
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	64 Ounce	FOR 50 SERVINGS - USE 1/2 BOTTLE FOR 100 SERVINGS USE 1 BOTTLE Pour sauce into 1/2 steam table pan. Add 2 cups pineapple juice Steam for 10 minutes until warm. Add sauce until chicken smackers are coated.	33420

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	402.80		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	815.00mg		
<b>Carbohydrates</b>	47.72g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.94g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	168.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wild Mike's Deep Dish Personal Pan Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wild Mikes 5 in cheese deep dish personal pizza	1 Each	Wash hands. Put on gloves. Preheat oven to 325 degrees. Place pizza on parchment lined baking sheet. From frz: bake 13-15 minutes. From thawed: bake 11-13 minutes. Hot hold until service.	80650

## Preparation Instructions

80 servings per case.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Stuffed Crust Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each	wash hands and put on gloves. Separate pizza slices and place on lined baking tray or rack. Bake in preheated oven at 350 degrees for 10-15 minutes or until internal temperature reaches 165 degrees. <b>DO NOT OVERCOOK.</b> Batch cook to avoid inferior product, Hot hold until service.	259910

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.20mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Corn Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11557

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each	Wash hands and put on gloves. From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees. From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees. Hot hold until service. Serve with condiments.	620220
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	READY_TO_EAT None	200621

## Preparation Instructions

Wash hands and put on gloves.

From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.

From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.

Hot hold until service.

Serve with condiments.

Serving Size = 1 each

Case Yield = 72

CN Labeled

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	258.50
<b>Fat</b>	9.20g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.10g
<b>Sugar</b>	11.00g
<b>Protein</b>	9.20g
<b>Vitamin A</b> 5.95IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.90mg	<b>Iron</b> 1.58mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Toasted Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11560

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Serving		722360
School White Wheat Sandwich Bread	1 Serving		12385
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Wash hands and put on gloves.

Place parchment papers on trays/racks. Spray paper liberally with buttermist spray. Arrange slices of bread on the baking sheet. Top each slice of bread with 4 slices of american cheese. Place the top slice on top of the cheese. Spray top of bread with buttermist spray. Bake at 300 degrees 4-8 minutes until golden brown.

Serving Size = 1 sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	278.76
<b>Fat</b>	9.98g
<b>SaturatedFat</b>	5.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1147.30mg
<b>Carbohydrates</b>	29.40g
<b>Fiber</b>	2.36g
<b>Sugar</b>	5.00g
<b>Protein</b>	18.78g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 423.18mg	<b>Iron</b> 1.34mg

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Country Fried Steak & Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11564

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	2 Each	Double line baking sheet/racks with parchment due to grease. Line 30 patties on rack/sheet. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Product should be bubbling and hot.	269816
DOUGH ROLL WHEAT 240-1.5Z RICH	1 Each	thaw, proof and bake PANNING: 48 (6 X 8) FOR CLUSTERS OR 24 (4 X 6) FOR SINGLES ON LINED SHEET PAN. 2. RETARD THAW TIME: RETARDER: (35 - 38 F), 12 - 18 HOURS. ROOM TEMPERATURE: 60 MINUTES. 3. PROOFING: (95 F, 85% R.H.) FOR 40 - 50 MINUTES. 4. BAKING: RACK OVEN: 375 F FOR 12 - 14 MINUTES DECK OVEN: 375 F FOR 12 - 14 MINUTES CONVECTION OVEN: 325 F FOR 10 - 12 MINUTES.	511269

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	680.00		
<b>Fat</b>	45.00g		
<b>SaturatedFat</b>	14.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1030.00mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bosco and Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11617

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>WASH HANDS AND PUT ON GLOVES Line racks/trays with paper. Arrange uncooked Boscos in 4 rows of ten (40 per rack). CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. serving. Oven temperatures may vary. Adjust baking time and/or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Ounce	<p>Wash hands and put on gloves. Place three (3) thawed pouches in black steam pan. Steam until temp reaches 165 degrees (Approx.1 HOUR). Remove from pouches and pour into steam table pan. Hot hold and service with 2 oz ladle.</p>	573201

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.714
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.179
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	359.64
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.64mg
<b>Sodium</b>	543.57mg
<b>Carbohydrates</b>	37.21g
<b>Fiber</b>	4.71g
<b>Sugar</b>	4.50g
<b>Protein</b>	25.36g
<b>Vitamin A</b> 231.07IU	<b>Vitamin C</b> 6.79mg
<b>Calcium</b> 459.71mg	<b>Iron</b> 2.71mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Smackers and WG Bread Slice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11720
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
School White Wheat Sandwich Bread	1 Slice	READY_TO_EAT	12385

## Preparation Instructions

Wash hand and put on gloves.

Pan nuggets on papered racks or tray.

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Hot hold until Service.

CN labeled

Serving size is 10 Smackers

Offer with one slice bread

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	329.38		
<b>Fat</b>	13.99g		
<b>SaturatedFat</b>	3.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	703.65mg		
<b>Carbohydrates</b>	29.70g		
<b>Fiber</b>	4.18g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	21.39g		
<b>Vitamin A</b>	200.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.59mg	<b>Iron</b>	2.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Potato Soup

<b>Servings:</b>	340.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11723
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	12 Pound		316334
MILK WHT FF 4-1GAL RGNLBRND	9 Gallon		557862
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
ONION DEHY CHPD 15 P/L	1 1/2 Cup		263036
FLOUR ULTRAGRAIN 50 HLCHC	4 1/2 Pound		515002
MARGARINE GLDN SWT ZTF 30-1#	4 1/2 Pound		791630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	7 1/2 Pound	READY_TO_EAT	100036
SOUR CREAM L/F 4-5 RGNLBRND	4 Pound	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
Ham, Cubed Frozen	20 Pound		100188-H

## Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk 2 TBSP garlic Powder

2 TBSP white pepper 2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 2 1/2# ham in each of 10 - 1/2 10B pans then add soup to 1/2 10B pans, stir and put in warmer.

All 6oz spoodle



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.124
<b>Grain</b>	0.220
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.094

## Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	169.76
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	4.14g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	21.33mg
<b>Sodium</b>	376.02mg
<b>Carbohydrates</b>	14.97g
<b>Fiber</b>	0.82g
<b>Sugar</b>	6.42g
<b>Protein</b>	10.68g
<b>Vitamin A</b> 423.35IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.19mg	<b>Iron</b> 0.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Italian Calzone

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11727
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

## Preparation Instructions

Allow to thaw prior to cooking.

Wash hands and put on gloves.

Coo for 12-15 minutes in a 325-350 degree convection oven. Product is done when an internal temperature of 165 degrees is reached. Product often appears to look "done", but needs to be confirmed with a thermometer.

Hot hold until service.

Each case contains 80 servings.

Serving Size is one (1) 5-oz calzone.

Contains the following allergens: Wheat, Soy, Milk, Egg

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	361.00mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Steamed Broccoli with Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11821

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup	Wash hands and put on gloves. Cook (Steam) from frozen Place one bag (4#) into a stainless steam table 1/2 pan with enough water to cover the bottom (about an inch). Cover pan with metal lid and place into steamer. Steam for 12 minutes or until tender crisp. Serve immediately to assure a quality product batch cook as needed	610902
SAUCE MIX CHS INST 16-16Z GCHC	1 Fluid Ounce	1. SLOWLY ADD 16 OZ. DRY MIX TO 2 QUARTS HOT WATER (180 200 F) WHILE MIXING WITH A WIRE WHIP. 2. MIX WELL UNTIL SMOOTH 3. COVER AND LET STAND 10 MINUTES 4. REMOVE COVER, MIX WELL AND SERVE. USE 1 OZ LADLE TO DRIZZLE OVER STEAMED BROCCOLI. EACH PACKAGE = 1/2 GAL	578061

## Preparation Instructions

Wash hands and put on gloves. Follow Prep directions above.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	215.01
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	227.50mg
<b>Carbohydrates</b>	42.25g
<b>Fiber</b>	24.00g
<b>Sugar</b>	8.50g
<b>Protein</b>	24.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 291.01mg	<b>Iron</b> 8.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Breadsticks

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11845

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192-1.93	192 Each	Wash hands and put on gloves. <b>HEATING INSTRUCTIONS</b> Note: Ovens will vary. Please adjust time and temperature accordingly. Refrigerate or discard any unused portion. Fill baking pan with 54 MaxStix as illustrated. Convection Oven: Bake at 375°F for 10 to 12 minutes or until internal temperature reaches a minimum of 165°F. Conventional Oven: Bake at 400°F for 14 to 17 minutes or until internal temperature reaches a minimum of 165°F. Offer with marinara sauce	148067
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	<b>READY_TO_EAT</b> Heat if desired. Place in 1oz portion cups as dipping sauce.	592714

## Preparation Instructions

CN Labeled

Case: 192

Yield: 96 portions

Serving Size: 2 each

Each serving credits for 2 m/ma and 2 grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.031
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	302.08
<b>Fat</b>	12.06g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	476.25mg
<b>Carbohydrates</b>	32.33g
<b>Fiber</b>	2.08g
<b>Sugar</b>	2.21g
<b>Protein</b>	16.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 360.88mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham Deli Sandwich Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11977

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diamond Jim's - Wheat	1 Each	READY_TO_EAT	31454
TURKEY HAM 2-7AVG JENNO	2 3/4 Ounce		434663
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 5X6 XL 5 MRKN	1 Slice		438197
LETTUCE LEAF 12CT MRKN	1 Piece		198668
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham as needed.

Portion 2,75 ounces of ham on hoagie. Add one slice of American cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and mayo/mustard



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.042
<b>OtherVeg</b>	0.100
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	297.37
<b>Fat</b>	13.20g
<b>SaturatedFat</b>	4.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.59mg
<b>Sodium</b>	1412.68mg
<b>Carbohydrates</b>	31.84g
<b>Fiber</b>	2.54g
<b>Sugar</b>	7.44g
<b>Protein</b>	20.71g
<b>Vitamin A</b> 68.43IU	<b>Vitamin C</b> 1.03mg
<b>Calcium</b> 163.06mg	<b>Iron</b> 2.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Glazed Whole Grain French Toast

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12011

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each		646262
SYRUP PANCK MAPL 2 4-1GAL GCHC	1 Fluid Ounce		232068

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	210.38		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	110.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	26.09g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.04g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Burrito

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12012

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	1 Each		497510
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841

## Preparation Instructions

Wash Hands and put on gloves.

IT IS RECOMMENDED THAT PRODUCT IS THAWED PRIOR TO COOKING

Take product out of freezer thaw. Line on papered racks. In a convection oven, bake at 250 degrees for 10-15 minutes or until internal temp reaches 165 degrees. In conventional oven, bake at 280 degrees for 20-25 minutes. Hot hold until service. Offer with salsa

CN LABELED

EACH BURRITO CREDITS AS 1 M/MA AND 1 GRAIN

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.002
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	220.10
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	310.72mg
<b>Carbohydrates</b>	25.02g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.01g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 15.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.81mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Biscuits & Gravy

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
GRAVY SAUSAGE FZ WHITE 6-5 OWENS	3 Ounce		511781

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	224.21
<b>Fat</b>	10.29g
<b>SaturatedFat</b>	7.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.53mg
<b>Sodium</b>	425.26mg
<b>Carbohydrates</b>	27.29g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.03g
<b>Protein</b>	4.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.53mg	<b>Iron</b> 1.53mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Pancake Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK MAPL 2 4-1GAL GCHC	1 Fluid Ounce	Cup up Syrup in 1 oz cups and place lid on container.	232068

## Preparation Instructions

DEEP FRYING NO RECOMMENDED.

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING.

HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

CN LABELED: Meets 1 oz m/ma and 1.0 oz grains

Serve with syrup

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.50mg	<b>Iron</b> 0.90mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	Thaw and serve at room temperature or serve warm within packets	284831
SYRUP PANCK MAPL 2 4-1GAL GCHC	1 Fluid Ounce	Cup up 1 oz of Syrup. Offer with pancakes	232068

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	255.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	49.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	4.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
------------------	--------	------------------	--------

<b>Calcium</b>	40.50mg	<b>Iron</b>	3.60mg
----------------	---------	-------------	--------

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chicken Noodle Soup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12255
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Noodle Complete Soup Mix	4 Pound		101037
Carrots fzn	5 Pound		100352
CELERY DCD 1/2 2-5 RSS	5 Pound		503924
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Thaw under refrigeration	570533

## Preparation Instructions

Wash hands and put on gloves.

In tilt skillet, bring 16 gallons of water to a boil. While water is reaching the boiling point, open 2-5# bags of diced chicken and steam to heat up the chicken before adding to the soup mixture. Once boiling add 5 pounds diced frozen carrots, 5 pounds diced fresh celery and 2 cans of the soup mix (each can is 2 lbs). Add diced chicken and continue to boil for about 20 minutes.,

Can also add frozen or canned peas to the sup mixture.

Ladle 6 ounces of soup into an 8 ounce squat bowl. Each serving contains 1 oz chicken.

Offer with saltine crackers.

Cool leftovers promptly. Either freeze or refrigerator leftovers. Date mark 5 days.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.333
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.123
<b>OtherVeg</b>	0.050
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	76.97		
<b>Fat</b>	2.92g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.24mg		
<b>Sodium</b>	79.54mg		
<b>Carbohydrates</b>	2.21g		
<b>Fiber</b>	0.59g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	9.65g		
<b>Vitamin A</b>	27.84IU	<b>Vitamin C</b>	0.19mg
<b>Calcium</b>	2.48mg	<b>Iron</b>	0.33mg

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

## Nutrition - Per 100g

<b>Calories</b>	45.25		
<b>Fat</b>	1.72g		
<b>SaturatedFat</b>	0.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.72mg		
<b>Sodium</b>	46.76mg		
<b>Carbohydrates</b>	1.30g		
<b>Fiber</b>	0.35g		
<b>Sugar</b>	0.49g		
<b>Protein</b>	5.67g		
<b>Vitamin A</b>	16.37IU	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	1.46mg	<b>Iron</b>	0.20mg

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

# Chicken Parmesan Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## Preparation Instructions

Wash hands and put on gloves.

Line baking sheets with parchment. Pan up breaded chicken patties (from frz). Cook 10-12 minutes at 375 degrees or until internal temp reaches 165 degrees.

Meanwhile open #10 cans of marinara and heat to 165 degrees.

For service, place one breaded chicken patty on a bun, place 1/4 cup shredded (or one slice of mozz) on top and spoon 2 oz of marinara sauce on top. Please top of bun on sandwich, wrap in foil wrapper and hot hold until service.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	670.00
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	2470.00mg
<b>Carbohydrates</b>	74.00g
<b>Fiber</b>	13.00g
<b>Sugar</b>	25.00g
<b>Protein</b>	35.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 364.00mg	<b>Iron</b> 7.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12445

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
GRAVY MIX CHIX 12-15Z GCHC	1 Tablespoon	<b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	<b>RECONSTITUTE</b> 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.917
<b>Grain</b>	0.833
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	3.107

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	1734.09
<b>Fat</b>	31.57g
<b>SaturatedFat</b>	3.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.68mg
<b>Sodium</b>	7173.18mg
<b>Carbohydrates</b>	296.48g
<b>Fiber</b>	19.73g
<b>Sugar</b>	2.41g
<b>Protein</b>	47.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.75mg	<b>Iron</b> 6.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# STOH Chef Salad - Elementary

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12571

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	20 Cup		182570
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Grape Tomatoes	60 Each		749041
CUCUMBER SELECT 6CT MRKN	1 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	20 Ounce		150250
Ham, Cubed Frozen	20 Ounce		100188-H
BREADSTICK WGRAIN 1Z 12-20CT	40 Each		406321
DRESSING ITAL REDC CAL 4-1GAL LTHSE	20 Tablespoon	READY_TO_EAT Open, pour and enjoy!	365880
DRESSING RNCH LT 4-1GAL GCHC	20 Tablespoon		472999
DRESSING FREN RED RNCH 4-1GAL LTHSE	20 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132171

## Preparation Instructions

Wash hands and put on gloves

1. Cut, wash and drain romaine.
2. Place 1 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes and place 3 on top of salad.
4. Wash fresh cucumber and slice. Add 1 slice of cucumber on top of romaine.
5. Wash fresh baby carrots. Add 2 baby carrots on top of romaine.
6. Place lid on container and refrigerate until service
7. Place 1 oz shredded cheese in 2 oz souffle cup and place lid. Refrigerator until service
8. Place 1 oz diced ham (thawed) in 2 oz souffle cup and place lid. Refrigerate until service
9. Offer with 2 grain eq. (either breadsticks (above) or 2oz equiv WG dinner rolls)
10. Offer with choice of salad dressing.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.320
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.506
<b>OtherVeg</b>	0.003
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	365.91
<b>Fat</b>	15.07g
<b>SaturatedFat</b>	4.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.25mg
<b>Sodium</b>	841.17mg
<b>Carbohydrates</b>	46.78g
<b>Fiber</b>	3.55g
<b>Sugar</b>	14.89g
<b>Protein</b>	12.10g
<b>Vitamin A</b> 267.67IU	<b>Vitamin C</b> 0.10mg
<b>Calcium</b> 167.99mg	<b>Iron</b> 2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets (5pc) and Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL CKD 535-.78Z	5 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen chunks in preheated oven at 400°F for 8-10 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen chunks in preheated oven at 375°F for 6-8 minutes. <b>DEEP_FRY</b> Appliances vary, adjust accordingly. Deep Fry Place frozen chunks in 350°F oil for 2-2 1 2 minutes.	150220
White Wheat Dinner Rolls	1 Each		33119
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
Mrs. Clarks BBQ Sauce 4/1gal	1 Tablespoon	READY_TO_EAT	52928
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

## Preparation Instructions

Wash Hands and put on gloves.

Serving size is 5 nuggets and 1 roll

CN labeled

Five 0.79oz fully cooked WG nuggets provide 2.0 oz equivalent meat and 1.00 oz equivalent grains

Bake nuggets according to directions.

Thaw rolls if frozen or serve fresh (preferred)

Offer with one WG roll

Offer condiments

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	457.50		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	4.62g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	71.25mg		
<b>Sodium</b>	895.00mg		
<b>Carbohydrates</b>	40.75g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.42mg	<b>Iron</b>	2.42mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% All Beef Hot Dog on WG Bun (Secondary)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15153
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each	Thaw if frozen, or serve fresh	53071
FRANKS BEEF 8/ 2-5 BALLP	1 Each	<b>BOIL</b> Heat water to a rolling boil. <b>GRILL</b> Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. <b>MICROWAVE</b> Place hot dog in bun and wrap in paper towel. <b>READY_TO_EAT</b> Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. <b>STEAM</b> Place pan in steamer, close door, set timer and steam until done.	585815
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	<b>READY_TO_EAT</b> None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
RELISH SWT PICKLE 4-1GAL GCHC	1 Tablespoon		517186
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce		344012
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

## Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.
3. Offer with 1 oz chili or ultimate cheddar cheese cup (3oz)
3. Serve with ketchup, mustard, pickle relish

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 2.0 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.343
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.065
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	539.78		
<b>Fat</b>	26.15g		
<b>SaturatedFat</b>	12.62g		
<b>Trans Fat</b>	0.53g		
<b>Cholesterol</b>	65.32mg		
<b>Sodium</b>	1579.29mg		
<b>Carbohydrates</b>	50.42g		
<b>Fiber</b>	3.07g		
<b>Sugar</b>	19.45g		
<b>Protein</b>	24.60g		
<b>Vitamin A</b>	220.70IU	<b>Vitamin C</b>	3.26mg
<b>Calcium</b>	397.64mg	<b>Iron</b>	2.99mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich - Elem

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15187

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> 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 3.5 165-1.25Z GCHC	1 Each	Cook egg patties according to package directions. Place one egg patty on biscuit	592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Place one slice cheese on top of egg paty	150260

## Preparation Instructions

1. Wash hands and put on gloves
2. Place thawed biscuits in warmer
3. Cook eggs according to package directions
4. When eggs are cooked and an internal temp of 165 degree is reached, place one (1) slice cheese onto of egg patty
5. Place egg patty and cheese on biscuit
6. Wrap sandwich and hot hold until service.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	107.50mg
<b>Sodium</b>	745.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 319.50mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# STOH Chef Salad - Elementary (salad only)

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15319

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	20 Cup		182570
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Grape Tomatoes	60 Each		749041
CUCUMBER SELECT 6CT MRKN	1 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	20 Ounce		150250
Ham, Cubed Frozen	20 Ounce		100188-H

## Preparation Instructions

Wash hands and put on gloves

1. Cut, wash and drain romaine.
2. Place 1 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes and place 3 on top of salad.
4. Wash fresh cucumber and slice. Add 1 slice of cucumber on top of romaine.
5. Wash fresh baby carrots. Add 2 baby carrots on top of romaine.
6. Place lid on container and refrigerate until service
7. Place 1 oz shredded cheese in 2 oz souffle cup and place lid. Refrigerator until service
8. Place 1 oz diced ham (thawed) in 2 oz souffle cup and place lid. Refrigerate until service
9. Offer with 2 grain eq. (either breadsticks (above) or 2oz equiv WG dinner rolls)
10. Offer with choice of salad dressing.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.320
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.506
<b>OtherVeg</b>	0.003
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	95.91
<b>Fat</b>	5.32g
<b>SaturatedFat</b>	3.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.75mg
<b>Sodium</b>	286.17mg
<b>Carbohydrates</b>	4.28g
<b>Fiber</b>	1.05g
<b>Sugar</b>	1.89g
<b>Protein</b>	8.10g
<b>Vitamin A</b> 267.67IU	<b>Vitamin C</b> 0.10mg
<b>Calcium</b> 115.99mg	<b>Iron</b> 0.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sunshine Blenderless Smoothie Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18460

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1/2 Cup	Add yogurt, crushed pineapple and mango puree into a serving bowl. Stir until ingredients are incorporated. Top with granola and diced strawberries. Hold under refrigeration until service.	881161
PUREE MANG 8-30Z DOLE	2 Ounce	Thaw frozen puree	534572
PINEAPPLE CRUSHED IN JCE 6-10 GCHC	1/4 Cup		272078
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup	Thaw under refrigeration	621420
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.933
<b>Grain</b>	1.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	311.83
<b>Fat</b>	5.99g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	165.90mg
<b>Carbohydrates</b>	58.37g
<b>Fiber</b>	3.12g
<b>Sugar</b>	37.28g
<b>Protein</b>	6.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 157.09mg	<b>Iron</b> 1.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hummus Plate

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19934
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS RSTD RED PEPR 4-32Z GREC	1/2 Cup	Use #8 Scoop (1/2 cup) and portion into souffle cup and place lid on top	591582
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1 Each	Thaw and slice into triangle wedges. May be warmed.	320853
CARROT BABY WHL CLEANED 12-2 RSS	4 Ounce	Wash and assemble in container	510637

## Preparation Instructions

Wash hands and put on gloves.

Thaw pitas from frozen the night before. Once thawed, slice one pita into triangle wedges.

Using a #8 scoop (1/2 cup), dish out hummus into 5 oz souffle cup and place lid on top

Wash carrots and pat dry. Measure out 4 ounces

Arrange pita, hummus and veggies in container

Cover and refrigerate until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	524.50
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1150.00mg
<b>Carbohydrates</b>	73.68g
<b>Fiber</b>	14.56g
<b>Sugar</b>	10.36g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 21400.00IU	<b>Vitamin C</b> 7.80mg
<b>Calcium</b> 157.36mg	<b>Iron</b> 5.94mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Granola Yogurt Banana Pops

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20849
<b>School:</b>	Warren Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1-150CT #1 PETITE BANANA - 197769	1 Each	Bananas should be over ripe nor under ripe for best results	970836
Awesome Granola, Choc, 1.25 oz pouch	1 Each	READY_TO_EAT This granola is free of the top 8 allergens (nut-free, tree nut free, gluten free, soy free)	40058
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/4 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490

## Preparation Instructions

Wash hands and put on gloves.

Place lemon juice in a large enough/deep enough bowl so bananas can be dipped in lemon juice (to prevent browning)

Place granola in a large bowl or tub so that bananas can be rolled

Place yogurt into large bowl so that bananas can be "dipped" in yogurt.

Lay out full size sheet pans and line with wax or parchment paper

Peel bananas and dip in lemon juice one at a time. Then dip each banana in yogurt, covering as much as the banana as possible.

Roll the yogurt covered banana in granola.

Carefully place yogurt and granola covered bananas on the parchment lined sheet pan and place as many bananas as will fit. Cover and place in freezer for one hour (no longer)

Hold until service.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.746
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	335.97
<b>Fat</b>	8.37g
<b>SaturatedFat</b>	1.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.87mg
<b>Sodium</b>	49.85mg
<b>Carbohydrates</b>	60.57g
<b>Fiber</b>	5.00g
<b>Sugar</b>	23.21g
<b>Protein</b>	6.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 67.16mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peaches & Cream Overnight Oats

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	10.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20853
<b>School:</b>	Warren Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z QUAK	12 1/2 Cup		467251
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
1% HP White Milk	6 1/2 Cup		
PEACH DCD XL/S 6-10 GCHC	2 #10 CAN		268348

## Preparation Instructions

1. Wash hands and put on gloves.
2. In a large mixer, combine dry oats, yogurt, and milk
3. Stir in fruit (do not drain)
4. Measure 10 oz portions into cups
5. Place lids on cups and chill overnight. CCP maintain at 41 degrees or lower within 4 hours.
6. Optional: Add spices such as nutmeg or cinnamon on top.

PROVIDES 1/2 CUP FRUIT, 1 GRAIN EQUIVALENT AND 1M/MA

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 10.00 Ounce

### Amount Per Serving

<b>Calories</b>	262.02
<b>Fat</b>	2.32g
<b>SaturatedFat</b>	0.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.68mg
<b>Sodium</b>	85.65mg
<b>Carbohydrates</b>	52.55g
<b>Fiber</b>	2.00g
<b>Sugar</b>	29.23g
<b>Protein</b>	7.27g
<b>Vitamin A</b> 1.30IU	<b>Vitamin C</b> 0.26mg
<b>Calcium</b> 138.23mg	<b>Iron</b> 0.80mg

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

## Nutrition - Per 100g

<b>Calories</b>	92.42
<b>Fat</b>	0.82g
<b>SaturatedFat</b>	0.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.00mg
<b>Sodium</b>	30.21mg
<b>Carbohydrates</b>	18.54g
<b>Fiber</b>	0.71g
<b>Sugar</b>	10.31g
<b>Protein</b>	2.56g
<b>Vitamin A</b> 0.46IU	<b>Vitamin C</b> 0.09mg
<b>Calcium</b> 48.76mg	<b>Iron</b> 0.28mg

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

# Ham and Cheese Slider

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3" Sliced Wheat Pan Roll	1 Each	READY_TO_EAT	33098
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	Thaw under refrigeration	100187
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Teaspoon	Melt butter and add garlic powder and oregano to create a brushable mixture	299405
SPICE OREGANO GRND 12Z TRDE	1 Teaspoon		513725

## Preparation Instructions

Wash hands and put on gloves

Open thawed packages of sliced ham. Drain off any juice and pat dry so that no juice is on the ham slices. (this will make the bread soggy)

Line full sheet pans with parchment papers

Place bottom half of sliced bun on to the lined sheet pans. Buns should be touching and have no space between them.

Place 1 layer american cheese slices on top of open face bun

Follow by placing 1.22 oz of sliced ham on top of the cheese slices

Finally, place one more american cheese slice on top of the ham.

Cover with top of roll.

Melt butter and add garlic powder and oregano to taste. Brush mixture lightly on top bun,

Cover with foil and bake for 15 minutes at 350 or until internal temp of 135 is reached (Reheat temp)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	270.33
<b>Fat</b>	16.17g
<b>SaturatedFat</b>	8.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.00mg
<b>Sodium</b>	842.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Warm Cinnamon Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22134

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN 84-4Z RICH	1 Each		135181
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	375.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	73.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	28.50g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	3.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# BBQ Pulled Pork Sandwich on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22138

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	4 Ounce	THAW Thaw, heat to 165 and serve	110730
Mrs. Clarks BBQ Sauce 4/1gal	2 Tablespoon	READY_TO_EAT	52928
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

## Preparation Instructions

Wash hands and put on gloves

Pork should be thawed under refrigeration prior to heating

Open bags of pork and place in stable pans. Add 1 1/4 gallons of bbq sauce to 40 lbs of meat (Approximately 1/3 of a gallon per 10 pounds of thawed meat). Mix to ensure sauce thoroughly coats meat

Cover pans and place in combi oven on steam setting (so as not to dry out the pork) until the internal temperature reaches 165 degrees.

Hot hold until service.

During service, use a 4 oz scoop to portion meat onto a WG bun.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	384.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.00mg		
<b>Sodium</b>	904.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Rotini Noodle and WG Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.60 1.00 serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35054

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	560 Ounce	Wash hands and put on single use gloves. Keep product frozen until ready to use. Please 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. Pour spaghetti sauce into full size steam table pans; about 2/3 full, cover and hot hold until service.	573201
PASTA ROTINI 4-5 GCHC	600 Ounce	Use one gallon of water per pound of pasta. When water has reached a boil, add 1 tablespoon of salt per gallon (optional). Add pasta. Stir pasta occasionally to prevent sticking and keep water at a rolling boil. If used in steam tables, reduce cook time by 1/4 of time stated on package directions. When al dente, carefully drain water. Place drained pasta into steam table pans, filling about 3/4 full. Lightly spray with non-stick cooking spray (like Pam) to prevent noodles from sticking, cover with saran and/or foil and hot hold until service.	413360
White Wheat Dinner Rolls	100 Each	During service, portion 6 ounces of noodles by volume onto tray and ladle 5.60 ounces of meat sauce (by weight) , #6 scoop or 2/3 cup over noodles, Offer with WG/wheat dinner roll.	33119

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.60 1.00 serving

### Amount Per Serving

<b>Calories</b>	470.88
<b>Fat</b>	9.62g
<b>SaturatedFat</b>	3.17g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	70.51g
<b>Fiber</b>	5.24g
<b>Sugar</b>	10.24g
<b>Protein</b>	25.84g
<b>Vitamin A</b> 647.01IU	<b>Vitamin C</b> 19.00mg
<b>Calcium</b> 76.92mg	<b>Iron</b> 4.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD PTY FC 100-3.1Z TYS	1 Each	Wash hands and put on single use gloves. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR 4-1 GAL GFS	1/4 Cup	READY_TO_EAT This ready-to-use Caesar dressing simplifies back-of-house prep, making it easy to customize with simple herbs, spices and cheese to enhance the unique flavor. Create new flavorful salads or a custom marinade for your signature pork ribs.	818201
TORTILLA WHL WHE 12 6-12CT LABANDER	1 Each		838641

## Preparation Instructions

Start with a tortilla. Cut each cooked chicken breast patty into smaller strips or diced bite sized pieces. Layer: dressing , lettuce , chicken ,cheese. Fold into a wrap. Wrap in a foil or wax deli wrap, and store in cooler and serve .

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.332
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	723.15
<b>Fat</b>	42.82g
<b>SaturatedFat</b>	12.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	86.62mg
<b>Sodium</b>	1696.20mg
<b>Carbohydrates</b>	58.66g
<b>Fiber</b>	7.66g
<b>Sugar</b>	9.00g
<b>Protein</b>	27.98g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 319.89mg	<b>Iron</b> 2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available