

Cookbook for CCES

Created by HPS Menu Planner

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Sausage tornado

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-22115 |
| School: | CCES | | |

Ingredients

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

Preparation Instructions

Conventional Oven: 25 minutes at 350 degrees F. 12 minutes at 450 degrees F. Preheat oven to appropriate temperature shown in chart. Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven for time shown in chart of until 161 degrees F. Convection Oven: 325 degrees F fan High. 12 minutes. Deep Fryer: 375 degrees F for 3.5 minutes. Do not fry from frozen. Place thawed tornado into fry basket and close lid to prevent tornados from floating. Roller Grill: preheat roller grill on 10 or High setting for 10 minutes. Reduce temperature to 7 or Medium. Fill roller grill with frozen tornados.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Raisels

| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31986 |
| School: | CCES | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| RAISIN SR ORNG 200-1.66Z RAISELS | 1/2 Cup | | 205410 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Raisels

| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31987 |
| School: | CCES | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| RAISIN SR ORNG 200-1.66Z RAISELS | 1/2 Cup | | 205410 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Raisels

| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31988 |
| School: | CCES | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| RAISIN SR ORNG 200-1.66Z RAISELS | 1 Cup | | 205410 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Nachos

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Tots

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| PORK PULLED BBQ LO SOD 4-5 BROOKWD | 4 Ounce | 1. Oven: Remove product from bag and dump into oven-able container- cover and heat at 350 degrees for 30 minutes or until product reaches 160 degrees F. 2. Steamer: Place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. 3. Water Bath: Place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. | 498702 |
| POTATO TATER TOTS 6-5 OREI | 1 Cup | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES. | 141510 |
| CHEESE CHED SHRD 6-5 COMM | 1/4 Ounce | | 199720 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Tacos with Queso

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|-------------------------|
| Calories | 401.60 |
| Fat | 18.60g |
| SaturatedFat | 9.40g |
| Trans Fat | 0.01g |
| Cholesterol | 62.00mg |
| Sodium | 1053.50mg |
| Carbohydrates | 35.00g |
| Fiber | 2.10g |
| Sugar | 4.00g |
| Protein | 24.70g |
| Vitamin A 668.00IU | Vitamin C 5.00mg |
| Calcium 299.00mg | Iron 3.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|--|------------|
| BEEF STK PTY CKD 2.45Z 6-5 JTM | 1 Each | FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. | 661851 |
| GRAVY MIX BROWN 12-15Z GCHC | 1 Tablespoon | STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE | 242450 |

Preparation Instructions

Prepare beef steak and pour gravy over in bowl.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Porkchop Sandwich

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

Ingredients

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

Preparation Instructions

Prepare pork patty and place on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Sandwich

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 245.10 | | |
| Fat | 6.80g | | |
| SaturatedFat | 2.20g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 44.00mg | | |
| Sodium | 803.80mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 3.80g | | |
| Sugar | 11.00g | | |
| Protein | 17.30g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 2.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Fries

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHILI BEEF W/BEAN 6-5 COMM | 4 Ounce | KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned | 344012 |
| CHEESE BLND MEX SHRD FINE 4-5 GCHC | 1/4 Cup | | 326135 |
| FRIES 3/8 R/C SEAS 6-5 MCC | 3 Ounce | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES. | 358772 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.372 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.261 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|--------------------------|
| Calories | 364.29 |
| Fat | 19.43g |
| SaturatedFat | 7.17g |
| Trans Fat | 0.00g |
| Cholesterol | 46.27mg |
| Sodium | 757.80mg |
| Carbohydrates | 32.29g |
| Fiber | 4.74g |
| Sugar | 3.43g |
| Protein | 17.92g |
| Vitamin A 859.01IU | Vitamin C 13.04mg |
| Calcium 240.99mg | Iron 2.88mg |

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

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

Ingredients

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

Preparation Instructions

Prepare BBQ and place 4 oz on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 260.00 |
| Fat | 8.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 240.00mg |
| Carbohydrates | 45.00g |
| Fiber | 2.00g |
| Sugar | 24.00g |
| Protein | 5.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 159.00mg | Iron 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 140.00 |
| Fat | 4.50g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 450.00mg |
| Carbohydrates | 21.00g |
| Fiber | 2.00g |
| Sugar | 3.00g |
| Protein | 3.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.20mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Burrito

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mac and Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cream cheese bagels

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meatballs

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 432.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 4.40g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 432.00mg | | |
| Carbohydrates | 52.00g | | |
| Fiber | 4.00g | | |
| Sugar | 6.00g | | |
| Protein | 22.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 62.00mg | Iron | 3.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 190.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.50g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 390.00mg | | |
| Carbohydrates | 8.00g | | |
| Fiber | 1.00g | | |
| Sugar | 5.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS | 5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281831 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 14.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 440.00mg |
| Carbohydrates | 16.00g |
| Fiber | 3.00g |
| Sugar | 1.00g |
| Protein | 14.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corndog

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Dippers

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.00 | | |
| Fat | 8.00g | | |
| SaturatedFat | 3.50g | | |
| Trans Fat | 0.50g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 440.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 1.00g | | |
| Sugar | 4.00g | | |
| Protein | 14.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Quesadilla

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z | 2 Piece | BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. | 606783 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 300.00 |
| Fat | 11.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 570.00mg |
| Carbohydrates | 32.00g |
| Fiber | 3.00g |
| Sugar | 3.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 252.00mg | Iron 2.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fiestada Pizza

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 190.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.50g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 390.00mg | | |
| Carbohydrates | 8.00g | | |
| Fiber | 1.00g | | |
| Sugar | 5.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Stix

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|---|------------|
| CHIX STIX WGRAIN FC .43Z 6-5 TYS | 7 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 283562 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 230.00 |
| Fat | 13.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 340.00mg |
| Carbohydrates | 14.00g |
| Fiber | 2.00g |
| Sugar | 1.00g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 32.00mg | Iron 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-up

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 360.00 |
| Fat | 21.00g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 80.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 25.00g |
| Fiber | 2.00g |
| Sugar | 0.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 19.00mg | Iron 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Alfredo

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Plinto Beans

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 120.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 140.00mg |
| Carbohydrates | 21.00g |
| Fiber | 5.00g |
| Sugar | 1.00g |
| Protein | 7.00g |

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

Calcium 42.00mg **Iron** 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available