

Cookbook for CCMS/HS

Created by HPS Menu Planner

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French Toast Bites

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

Ingredients

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

Preparation Instructions

HEAT_AND_SERVE

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 95.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 7.50mg | | |
| Sodium | 135.00mg | | |
| Carbohydrates | 9.50g | | |
| Fiber | 0.50g | | |
| Sugar | 3.50g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and gravy

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| GRAVY MIX CENTRY 12-24Z GCHC | 1 Tablespoon | STOVE TOP DIRECTIONS: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ. DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE SHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE | 242400 |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each | BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 441900 |

Preparation Instructions

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

Gravy: STOVE TOP DIRECTIONS: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ. DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE SHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each | BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 120851 |

Preparation Instructions

BAKE

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

BAKE

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-22111 |
| School: | CCMS/HS | | |

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Tornado-sausage or bacon

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

Ingredients

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

Preparation Instructions

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

Wrap and hold above 135* until serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Pancake on Stick

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

Ingredients

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

Preparation Instructions

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

*item #777571 is same product but individually wrapped.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

poptarts (various flavors)

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-22118 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| PASTRY POP-TART BLUEB FRSTD 72-2CT | 2 Piece | READY_TO_EAT store in dry storage until ready to serve | 765562 |

Preparation Instructions

READY_TO_EAT

store in dry storage until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 410.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 330.00mg | | |
| Carbohydrates | 76.00g | | |
| Fiber | 1.00g | | |
| Sugar | 33.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | 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

Blueberry Muffin

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

Ingredients

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

Preparation Instructions

THAW

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 190.00 | | |
| Fat | 7.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.10g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 135.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 1.00g | | |
| Sugar | 15.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Powdered Donuts

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

Ingredients

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

Preparation Instructions

Thaw at room temperature. Serve thawed

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chocolate/Powdered Donuts

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

Ingredients

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

Preparation Instructions

Thaw at room temperature. Serve thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Pancakes

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Mini Confetti Pancake

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | <p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating</p> <p>CONVENTIONAL OVEN*:</p> <ol style="list-style-type: none">1. Preheat oven to 350°F.2. Place frozen pouches, picture side up, in a single layer on baking sheet.3. Heat for 14 - 15 minutes. <p>CONVECTION OVEN*:</p> <ol style="list-style-type: none">1. Preheat oven to 350°F.2. Place frozen pouches, picture side up, in a single layer on baking sheet.3. Heat for 9 - 10 minutes. <p>*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>MICROWAVE:</p> <ol style="list-style-type: none">1. Place 1 pouch, picture side up, on a microwave-safe dish.2. Heat on HIGH for 45 seconds. <p>Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p> | 395303 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 220.00 | | |
| Fat | 7.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 300.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 4.00g | | |
| Sugar | 11.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Breakfast Pizza w/tomato sauce

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 150.00 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 350.00mg |
| Carbohydrates | 17.00g |
| Fiber | 2.00g |
| Sugar | 2.00g |
| Protein | 8.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 150.00mg | Iron 1.20mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage/Gravy Breakfast Pizza

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 210.00 |
| Fat | 8.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 350.00mg |
| Carbohydrates | 25.00g |
| Fiber | 2.00g |
| Sugar | 2.00g |
| Protein | 10.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 190.00mg | Iron 1.20mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Biscuit

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each | BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 120851 |
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Egg Cheese Omelet

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

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Nutrition - Per 100g

No 100g Conversion Available

Danish (assorted)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 11.00g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 15.00mg |
| Sodium | 240.00mg |
| Carbohydrates | 33.00g |
| Fiber | 0.00g |
| Sugar | 16.00g |
| Protein | 3.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 31.00mg | Iron 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

CinniMini

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

Ingredients

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

Preparation Instructions

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

Hold above 135* until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 7.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 270.00mg |
| Carbohydrates | 40.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

French Toast Sticks

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 260.00 |
| Fat | 8.00g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 290.00mg |
| Carbohydrates | 42.00g |
| Fiber | 2.00g |
| Sugar | 14.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 23.60mg | Iron 0.70mg |

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Nutrition - Per 100g

No 100g Conversion Available

French Fries-Crinkle Cut

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.170 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken-Mandarin Orange Chicken Chunks

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.220 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 166.67 | | |
| Fat | 3.33g | | |
| SaturatedFat | 0.56g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 44.44mg | | |
| Sodium | 311.11mg | | |
| Carbohydrates | 21.11g | | |
| Fiber | 0.00g | | |
| Sugar | 11.11g | | |
| Protein | 12.22g | | |
| Vitamin A | 0.00IU | Vitamin C | 1.33mg |
| Calcium | 0.00mg | Iron | 0.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Meatballs

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Calcium 59.00mg **Iron** 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza- Cheese (BigDaddy's)

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------------|--|------------|
| PIZZA CHS 16 WGRAIN SLCD 3- 3CT | 1 slice (5.13 oz) | Cook to 160 degrees F before eating. CONVECTION OVEN: 350 degrees F high fan for 15-18 minutes. IMPINGEMENT OVEN: Pre-heat at 400 degrees F and bake for 6.75 - 8.0 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. | 444115 |

Preparation Instructions

Cook to 160 degrees F before eating. CONVECTION OVEN: 350 degrees F high fan for 15-18 minutes. IMPINGEMENT OVEN: Pre-heat at 400 degrees F and bake for 6.75 - 8.0 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 360.00 |
| Fat | 16.00g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 470.00mg |
| Carbohydrates | 35.00g |
| Fiber | 4.00g |
| Sugar | 6.00g |
| Protein | 18.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 380.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken-Drumstick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rolls-Rich's Whole Grain

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.750 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 140.00 | | |
| Fat | 2.50g | | |
| SaturatedFat | 0.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 190.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 5.00g | | |
| Sugar | 3.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.36mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Boat

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Blend Mix

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

Ingredients

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

Preparation Instructions

PREPARATION: RINSE THOROUGHLY. READY TO USE.

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

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Nutrition - Per 100g

No 100g Conversion Available

Tomatoes

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Calcium 18.00mg **Iron** 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apples-Green

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli-Raw

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Calcium 42.77mg **Iron** 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 3.90 | | |
| Fat | 0.05g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.50mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.15g | | |
| Sugar | 0.50g | | |
| Protein | 0.15g | | |
| Vitamin A | 27.30IU | Vitamin C | 0.73mg |
| Calcium | 4.16mg | Iron | 0.08mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Apples- Fuji

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Onion Rings-whole grain

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.200 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 9.60g |
| SaturatedFat | 1.80g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 240.00mg |
| Carbohydrates | 33.60g |
| Fiber | 3.60g |
| Sugar | 6.00g |
| Protein | 3.60g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 120.00mg | Iron 1.30mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Corn- frozen

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 74.63 | | |
| Fat | 0.75g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 15.67g | | |
| Fiber | 0.75g | | |
| Sugar | 3.73g | | |
| Protein | 2.24g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger Bun- whole grain

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

Ingredients

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

Preparation Instructions

Thaw and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 140.00 |
| Fat | 1.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 180.00mg |
| Carbohydrates | 25.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog Bun-whole grain

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

Ingredients

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

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peppers & Onions- Roasted

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hotdogs

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Sauce-Dipping Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Calcium 0.00mg **Iron** 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Granola Bag

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 3.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 75.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 6.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mandarin Oranges

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 20.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 0.00g | | |
| Sugar | 22.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 0.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Pears

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Stix

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22497 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| BREADSTICK CHS STFD 192-1.9Z MAX | 2 Each | CONVECTION OVEN*: PREHEAT OVEN TO 375°F. BAKE ON PARCHMENT LINED PAN 10 - 15 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 10 - 15 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. | 789310 |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | READY_TO_EAT None | 677721 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 353.90 |
| Fat | 13.20g |
| SaturatedFat | 4.20g |
| Trans Fat | 0.03g |
| Cholesterol | 20.00mg |
| Sodium | 699.70mg |
| Carbohydrates | 42.00g |
| Fiber | 2.00g |
| Sugar | 6.00g |
| Protein | 17.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 360.00mg | Iron 3.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty (breakfast)

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 5.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 240.00mg | | |
| Carbohydrates | 9.00g | | |
| Fiber | 1.00g | | |
| Sugar | 0.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Chunks (Lunch)

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 1.560 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunks

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 59.70 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 14.93g | | |
| Fiber | 0.75g | | |
| Sugar | 12.69g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.22mg | Iron | 0.30mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Corn (Canned)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.00 | | |
| Fat | 2.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 260.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 14.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.60mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Beans, Green (Canned)

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

Ingredients

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

Preparation Instructions

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

Heat product to 145*

Hold above 145 * until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beans, Baked

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 300.00 | | |
| Fat | 3.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1180.00mg | | |
| Carbohydrates | 58.00g | | |
| Fiber | 10.00g | | |
| Sugar | 22.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 2.40mg |
| Calcium | 80.00mg | Iron | 3.60mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle Basket

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 1.560 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 570.00 | | |
| Fat | 28.00g | | |
| SaturatedFat | 9.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 85.00mg | | |
| Sodium | 870.00mg | | |
| Carbohydrates | 56.00g | | |
| Fiber | 4.00g | | |
| Sugar | 18.00g | | |
| Protein | 23.00g | | |
| Vitamin A | 200.00IU | Vitamin C | 0.00mg |
| Calcium | 29.88mg | Iron | 1.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes-Variety

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

Ingredients

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

Preparation Instructions

Heating instructions are on the back of each individual package.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Scramble

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.750 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 9.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 170.00mg | | |
| Sodium | 280.00mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.00g | | |
| Sugar | 1.00g | | |
| Protein | 8.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 0.72mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich w /whole grain bun

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22654 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX BRST BRD FLLT WGRAIN CKD 120-4Z | 1 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F. | 666531 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | Thaw & Serve | 517810 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 370.00 | | |
| Fat | 10.50g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 55.00mg | | |
| Sodium | 800.00mg | | |
| Carbohydrates | 45.00g | | |
| Fiber | 6.00g | | |
| Sugar | 5.00g | | |
| Protein | 24.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 2.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22774 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| SAND GRLLD CHS WGRAIN IW 72- 4.19Z | 1 Each | DO NOT REMOVE WRAP BEFORE HEATING. FROM THAWED STAGE: PREHEAT CONVECTION OVEN TO 325°F DEGREES, PLACE ONTO BUN PAN AND HEAT FOR 10 TO 12 MINUTES. SERVE. FROM FROZEN: PREHEAT CONVECTION OVEN TO 275 DEGREES, PLACE SANDWICHES ONTO BUN PAN AND HEAT 12 TO 15 MINUTES. SERVE. NOTE: SANDWICHES CAN BE HEATED FROM A FROZEN STATE; HOWEVER, IT IS RECOMMENDED THEY ARE HEATED FROM A THAWED STATE. | 786360 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | |
|---------------------------|-------------------------|
| Calories | 280.30 |
| Fat | 9.90g |
| SaturatedFat | 5.60g |
| Trans Fat | 0.00g |
| Cholesterol | 32.00mg |
| Sodium | 580.80mg |
| Carbohydrates | 31.00g |
| Fiber | 3.00g |
| Sugar | 6.00g |
| Protein | 18.50g |
| Vitamin A 523.96IU | Vitamin C 0.00mg |
| Calcium 465.89mg | Iron 1.64mg |

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Nutrition - Per 100g

No 100g Conversion Available

Apple-Variety

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23166 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED 163CT MRKN | 1 Piece | rinse and serve | 540005 |

Preparation Instructions

1. Rinse apples under running water.
2. Let water drain off
3. Place whole apples in black offer vs. serve bowls or wrap in a bag. Apples can also be sliced and placed in offer vs. serve bowls
4. If sliced, use nature seal, salt water, or pineapple juice to prevent browning.
5. Hold below 40* until serving
6. Serve on refrigerated portion of the serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups-Commodity

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23167 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| Applesauce cups | 1 Cup | Ready to serve | 110361comm |

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 | 102.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 4.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 22.00g | | |
| 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

Sidekicks-Variety

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23214 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 1 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

READY_TO_EAT

Remove from freezer and let sit out a short time before eating

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 | 90.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 30.00mg |
| Carbohydrates | 22.00g |
| Fiber | 0.00g |
| Sugar | 18.00g |
| Protein | 0.00g |
| Vitamin A 1000.00IU | Vitamin C 60.00mg |
| Calcium 80.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli,cooked-commodity

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 33.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 82.00mg | | |
| Carbohydrates | 7.00g | | |
| Fiber | 3.00g | | |
| Sugar | 1.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Peas-Green

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23233 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| PEAS R/SOD 6-10 P/L | 1/2 Cup | Heat and serve | 222000 |

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 60.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 130.00mg |
| Carbohydrates | 11.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 20.00mg | Iron 0.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Potatoes-Mashed

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 35.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23241 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 28 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 | 1 Ounce | | 209810 |
| BASE CHIX 12-1 KE | 1 Cup | READY_TO_EAT Prepare as directed. | 160790 |

Preparation Instructions

1. Take one gallon of hot water and add 1 cup chicken base and one ounce butter buds.
2. Mix well.
3. Pour water mixture into a 6" deep half steam table pan.
4. Add one 28 oz bag a potato pearls to water mixture.
5. Stir for 15-20 to evenly distribute mixture
6. Let stand for 5 minutes
7. Hold above 135* until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 289.37 | | |
| Fat | 3.23g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1309.24mg | | |
| Carbohydrates | 54.73g | | |
| Fiber | 3.20g | | |
| Sugar | 0.00g | | |
| Protein | 6.40g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 32.00mg | Iron | 0.96mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Lunch Parfait

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23427 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 1 Cup | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| GRANOLA BAG IW 144-1Z FLDSTN | 1 Package | READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742 |
| IQF Frozen Sliced Strawberries | 1/2 Cup | Thaw before serving | 110860 |

Preparation Instructions

1. Add 8 oz of yogurt to 16 oz cup
2. Layer 1/2 cup strawberry on top of yogurt
3. Serve with Granola packet.
4. Hold below 35* until serving

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.985 |
| Grain | 1.000 |
| 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 | 356.38 |
| Fat | 4.99g |
| SaturatedFat | 0.75g |
| Trans Fat | 0.00g |
| Cholesterol | 7.46mg |
| Sodium | 194.40mg |
| Carbohydrates | 69.77g |
| Fiber | 3.00g |
| Sugar | 41.34g |
| Protein | 10.46g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 268.66mg | Iron 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

chicken filet salad

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23547 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX BRST BRD FLLT WGRAIN CKD 120-4Z | 1 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F. | 666531 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 Cup | | 242071 |
| CHEESE CHED MLD SHRD FTHR 4-5 GCHC | 2 Ounce | | 411841 |
| CRACKER SALTINE WGRAIN 500-2CT NAB | 3 Package | | 549272 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 2 Ounce | | 732451 |
| TOMATO GRAPE SWT 10 MRKN | 2 Ounce | | 129631 |
| APPLE GALA 100CT MRKN | 1 Each | | 197718 |

Preparation Instructions

1. Bake chicken according to package instructions and let cool. Cut into bite size pieces and put in 4 oz cup to place in salad container
2. Add lettuce to large clear plastic containers with broccoli and tomatoes on top.
3. Serve apple to one side of the container
4. Serve cheese in 2 oz cup and place in container.
5. hold below 35* until serving.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 4.000 |
| Fruit | 0.500 |
| GreenVeg | 0.364 |
| RedVeg | 0.250 |
| 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 | 595.68 |
| Fat | 22.81g |
| SaturatedFat | 6.56g |
| Trans Fat | 0.00g |
| Cholesterol | 85.00mg |
| Sodium | 1386.86mg |
| Carbohydrates | 68.54g |
| Fiber | 11.28g |
| Sugar | 11.78g |
| Protein | 30.80g |
| Vitamin A 615.57IU | Vitamin C 38.63mg |
| Calcium 302.55mg | Iron 3.04mg |

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Nachos

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Tots

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tacos with Queso

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

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

Ingredients

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

Preparation Instructions

Prepare beef steak and pour gravy over in bowl.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Porkchop Sandwich

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

Ingredients

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

Preparation Instructions

Prepare pork patty and place on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Sandwich

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Fries

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

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

Ingredients

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

Preparation Instructions

Prepare BBQ and place 4 oz on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef and Cheese Burrito

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

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 |

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Nutrition - Per 100g

No 100g Conversion Available

Mac and Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cream cheese bagels

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meatballs

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corndog

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Dippers

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Quesadilla

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fiestada Pizza

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Stix

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-up

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wrap

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Alfredo

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Plinto Beans

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
|------------------|--------|------------------|--------|

| | | | |
|----------------|---------|-------------|--------|
| Calcium | 42.00mg | Iron | 2.00mg |
|----------------|---------|-------------|--------|

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

Nutrition - Per 100g

No 100g Conversion Available

Apple-Variety

| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-36702 |
| School: | CCES | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED 163CT MRKN | 1 Piece | rinse and serve | 540005 |

Preparation Instructions

1. Rinse apples under running water.
2. Let water drain off
3. Place whole apples in black offer vs. serve bowls or wrap in a bag. Apples can also be sliced and placed in offer vs. serve bowls
4. If sliced, use nature seal, salt water, or pineapple juice to prevent browning.
5. Hold below 40* until serving
6. Serve on refrigerated portion of the serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast kit

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-36874 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|------------------------------|------------|
| CEREAL CINN TST RS BKFST KIT 2-36CT | 1 Each | READY_TO_EAT Ready-to-eat | 150471 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|--------------------------|
| Calories | 60.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.00mg |
| Carbohydrates | 15.00g |
| Fiber | 0.00g |
| Sugar | 12.00g |
| Protein | 0.00g |
| Vitamin A 0.00IU | Vitamin C 60.00mg |
| Calcium 0.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Stromboli

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36875 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--|------------|
| STROMBOLI MT & CHS 72-4.2Z S&F | 1 Each | For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips | 474964 |

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

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 290.00 |
| Fat | 11.00g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 580.00mg |
| Carbohydrates | 30.00g |
| Fiber | 0.00g |
| Sugar | 5.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 148.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-36876 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | | 527462 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 300.00 |
| Fat | 16.00g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 280.00mg |
| Carbohydrates | 32.00g |
| Fiber | 4.00g |
| Sugar | 15.00g |
| Protein | 9.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 43.00mg | Iron 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Craisins

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-36928 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| CRANBERRY DRIED STRAWB 200-1.16Z | 1 Package | | 531681 |

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

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 110.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 27.00g | | |
| Fiber | 2.00g | | |
| Sugar | 24.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Milk

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Milk |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-36929 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| 1 % White Milk | 1 Cup | READY_TO_DRINK | 3601 |

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

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 100.00 | | |
| Fat | 2.50g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 15.00mg | | |
| Sodium | 120.00mg | | |
| Carbohydrates | 11.00g | | |
| Fiber | 0.00g | | |
| Sugar | 11.00g | | |
| Protein | 8.00g | | |
| 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

Popcorn Chicken

| | | | |
|----------------------|---------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36940 |
| School: | CCMS/HS | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| CHIX POPCORN BRD LRG FC 8-4# GLDCRK | 10 Each | | 260419 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 270.00 |
| Fat | 12.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 600.00mg |
| Carbohydrates | 15.00g |
| Fiber | 2.00g |
| Sugar | 0.00g |
| Protein | 25.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 20.00mg | Iron 1.80mg |

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Nutrition - Per 100g

No 100g Conversion Available