

Cookbook for

Created by HPS Menu Planner

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Whole Grain Cereal Assortment

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	50 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	22.00g
Fiber	4.00g
Sugar	6.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Yogurt Cup

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	10 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	10 Each		551760
YOGURT VAR PK L/F 48-4Z YOPL	10 Each		551751
YOGURT RASPB RNBW L/F 48-4Z TRIX	10 Each		551770
YOGURT VAR PK L/F RASPB/PCH 48-4Z	10 Each		551741

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	88.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.00mg
Carbohydrates	17.40g
Fiber	0.00g
Sugar	11.00g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.00mg	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

juice

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	10 Each		698744
JUICE BOX ORNG TANGR 100 40-4.23FLZ	5 Each		698251
JUICE STRAWB KIWI 100 40-4.23FLZ	5 Each		214534
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	5 Each		214513
JUICE CRAN RASPB 100 40-4.23FLZ	5 Each		214524
JUICE BOX FRT PNCH 100 40-4.23FLZ	5 Each		698240
JUICE BOX VERY BRY 40-4.23FLZ	5 Each		698391
JUICE BOX PARADS PNCH 40-4.23FLZ	5 Each		698261
JUICE BOX GRP 100 40-4.23FLZ	5 Each		698211

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	15.20g		
Fiber	0.00g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

PACKAGING: 2OZ POLY BAGS IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 34 -40 F. PREPARATION: OPEN AND SERVE.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	4.68 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	2 #10 CAN		570710

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.68 Ounce

Amount Per Serving

Calories	155.20
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	569.06mg
Carbohydrates	31.04g
Fiber	5.17g
Sugar	12.42g
Protein	7.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.73mg	Iron 1.97mg

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

Nutrition - Per 100g

Calories	116.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.91mg		
Carbohydrates	23.40g		
Fiber	3.90g		
Sugar	9.36g		
Protein	5.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.99mg	Iron	1.48mg

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

Tater Tots

Servings:	50.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	126 Ounce		141510

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Serve 8 each per serving

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.52 Ounce

Amount Per Serving

Calories	130.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	181.97		
Fat	8.40g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	433.93mg		
Carbohydrates	22.40g		
Fiber	2.80g		
Sugar	0.00g		
Protein	2.80g		
Vitamin A	0.00IU	Vitamin C	5.04mg
Calcium	0.00mg	Iron	0.00mg

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

Dark Green Side Salad

Servings:	0.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GCHC	1/8 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Ounce		329517
PEPPERS GREEN STRP 3/4 2-3 RSS	1 Ounce		849995
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Ounce		150250

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	43.46		
Fat	1.27g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	3.90mg		
Sodium	36.77mg		
Carbohydrates	6.47g		
Fiber	2.48g		
Sugar	3.54g		
Protein	2.47g		
Vitamin A	375.74IU	Vitamin C	6.19mg
Calcium	52.24mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	50 Each		205030
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260

Preparation Instructions

Option One: Lay out patties on an oven sheet pan in a single layer. Heat in a Conventional over at 350 degrees F for 12-14 minutes or heat in a Convection oven at 350 degrees F for 10-12 minutes.

Option Two: Place patty's in 4" steam table pan, Heat at 266^ at 100% Moisture for 15 minutes, internal temp of 165^.

Place bottom buns flat on work table. Place patty on bottom bun. Place one slice of cheese on patty. Place top bun, wrap and stack 30 sandwiches in 4" steam pan. Do not Smash. Hold in warmer 135^ or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	14.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	725.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34933
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	2 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	450.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	490.00mg
Carbohydrates	63.00g
Fiber	6.00g
Sugar	27.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32810
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup		268348

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Apple

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35027
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS, FRESH	50 Each	READY_TO_EAT	100514

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	32.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Orange

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35028
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges, Fresh	50 HALF-CUP		100283

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	43.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Banana

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35029
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	50 Each		644482

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Waffles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35427
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	50 Package		284811

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Sesame Chicken Stir-Fry

Servings:	50.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	7 Pound		150390
PEPPERS GREEN DCD SWT 12-2 GCHC	2 1/2 Pound		508632
DRESSING ASIAN SESM GINGR 4-1GAL GFS	4 1/4 Cup		166722
CHIX DCD 40 COMM	6 1/4 Pound		110530

Preparation Instructions

Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.

Meanwhile, combine carrots and green peppers in a 20 x 12 x 2 steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes.

Drain excess liquid from vegetables.

Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables.

CCP: Hold for hot service at 135°F or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	189.90
Fat	11.14g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	65.52mg
Sodium	236.17mg
Carbohydrates	10.77g
Fiber	1.96g
Sugar	5.39g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME GRND 12Z TRDE	1/8 Teaspoon		513822
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SPICE OREGANO GRND 12Z TRDE	1/4 Teaspoon		513725
SPICE PAPRIKA 16Z TRDE	1/8 Teaspoon		518331
SPICE BASIL LEAF 5.5Z TRDE	1/8 Teaspoon		513628
ONION DCD 1/4 2-5 RSS	1/3 Cup		198307
VEG BLND CALIF PREM 30 GCHC	8 1/2 Pound		285740
SOUP CRM OF CELERY 12-50Z CAMP	1 Cup		185312
MILK WHT 1 4-1GAL RGNLBRND	1/3 Cup		817801
Water	1 Quart		Water
POTATO TATER TOTS 6-5 OREI	4 3/8 Pound		141510

Preparation Instructions

Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.

Preheat oven to 350°F. Grease a 12 x 20 x 2 pan.

In a bowl, combine spices, onion, soup, and milk.

Add thawed California blend and 2 cups of reserved liquid (or 2 cups of water) to soup and spice mixture.

Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.

Bake, covered, at 350°F for 50 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Heat casserole to 165°F or higher for at least 15 seconds. CCP: Prior to service, hold at 135°F or higher.

CCP: Hold for hot service at 135°F or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	84.64
Fat	3.35g
SaturatedFat	0.57g
Trans Fat	0.00g
Cholesterol	0.08mg
Sodium	186.64mg
Carbohydrates	11.35g
Fiber	2.46g
Sugar	1.03g
Protein	2.07g
Vitamin A 3.16IU	Vitamin C 2.00mg
Calcium 15.81mg	Iron 0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apricot

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD XL/S 6-10 GCHC	2 #10 CAN		705535

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.08
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.35mg
Carbohydrates	15.52g
Fiber	1.03g
Sugar	13.45g
Protein	1.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 7.24mg	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

Fortune Cookie

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	50 Each		565142

Preparation Instructions

serve as is

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Pound		516371
DRESSING ASIAN SESM GINGR 4-1GAL GFS	2 1/2 Cup		166722

Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 20/25 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	138.70		
Fat	5.56g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	20.76g		
Fiber	0.51g		
Sugar	1.20g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.55mg	Iron	0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34742
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	Thaw ham in refrigerator	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN HAMB GOURM WGRAIN 4 10-12CT	1 Each		263191

Preparation Instructions

1. Layout bread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	308.11
Fat	10.67g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	63.81mg
Sodium	573.60mg
Carbohydrates	30.07g
Fiber	2.00g
Sugar	6.05g
Protein	22.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.50mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunk

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34312
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	50 Cup	READY_TO_EAT Ready to Eat	216300

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	30.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

Servings:	50.00	Category:	Vegetable
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31422
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Each		786321

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	16.00g
Fiber	4.00g
Sugar	8.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.80mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sausage, Egg & Cheese Breakfast Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35428
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST TKY SAUS/EGG/CHS 72-3.6Z	50 Each		535094

Preparation Instructions

PREPARED

Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with the seam of the wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not overheat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variations in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: preheat oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.20		
Fat	10.10g		
SaturatedFat	3.70g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	318.50mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	1.00g		
Protein	11.10g		
Vitamin A	230.77IU	Vitamin C	0.20mg
Calcium	123.60mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35441
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 100-2.75Z P/L	50 Each		770791

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.10		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	13.50g		
Fiber	0.70g		
Sugar	11.50g		
Protein	0.55g		
Vitamin A	49.83IU	Vitamin C	2.42mg
Calcium	7.55mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Cheese Breadstick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34316
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

THAW

Thawing Instructions

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

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

Top Bosco Stick breadsticks with butter ranch dressing mix and dry parsley before baking.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32849
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	8 Pound		560545
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSAM IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
Water	1/2 Cup		Water
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/4 Cup		292702
PRESERVE STRAWB 6-48Z SMUCK	1/4 Cup		857282
ORANGES MAND WHL L/S 6-10 GCHC	3 1/2 Quart		117897
STRAWBERRY 8 MRKN	3 1/2 Quart		212768

Preparation Instructions

Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	66.54
Fat	1.14g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.68mg
Carbohydrates	12.46g
Fiber	0.48g
Sugar	11.33g
Protein	0.94g
Vitamin A 0.95IU	Vitamin C 4.67mg
Calcium 25.43mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Carrots

Servings:	384.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	6 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
CARROT FZ 30 COMM	30 Pound		150390
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.02		
Fat	1.23g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	30.39mg		
Carbohydrates	7.53g		
Fiber	1.09g		
Sugar	5.89g		
Protein	0.00g		
Vitamin A	46.88IU	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

Blushing Chilled Pears

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31736
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	2 #10 CAN		110690
GELATIN MIX STRAWB 12-24Z GCHC	1/4 Cup		524581

Preparation Instructions

1. Pour canned pears and juice into serving line pans.
2. Sprinkle gelatin over pears to give blushing color.
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves and juice per serving.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.88		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	17.23g		
Fiber	2.07g		
Sugar	13.10g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Dipping Cup

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35077
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 168-2.5Z REDG	50 Each	READY_TO_EAT None	679471

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	40.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	7.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.00mg	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

Walking Taco

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	50 Package		815803
TACO FILLING BEEF REDC FAT 6-5 COMM	100 Ounce		722330
CHEESE CHED SHRD 6-5 COMM	37 Ounce		199720
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 1/2 Cup		451730
SALSA CUP 84-3Z REDG	50 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	375.13
Fat	16.69g
SaturatedFat	6.58g
Trans Fat	0.18g
Cholesterol	43.65mg
Sodium	797.66mg
Carbohydrates	31.32g
Fiber	3.35g
Sugar	5.35g
Protein	15.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.91mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexicali Corn Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	2 1/16 Quart	2 Quarts 1/4cup	100348
BEANS BLACK LO SOD 6-10 BUSH	3 1/8 Quart	3 Quarts 1/2 cup	231981
ONION RED DCD 1/4 2-5 RSS	2 3/4 Cup	Chopped	429201
TOMATO CHERRY 10 MRKN	2 3/4 Cup	Chopped	169275
PEPPERS GREEN MED 20 MRKN	1 1/3 Cup	Chopped	206059
CILANTRO CLEANED 4-1 RSS	2/3 Cup	Chopped	219550
DRESSING ITAL FF 4-1GAL KENS	1 1/3 Cup		188875
SPICE CHILI POWDER MILD 16Z TRDE	2 2/3 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	2 2/3 Teaspoon		273945

Preparation Instructions

Wash hands and put on gloves

Thaw frozen corn in refrigerator overnight. Drain liquid.

Wash and chop/dice onions, tomatoes, and peppers.

Drain and rinse black beans thoroughly.

Mix together thawed corn, beans, and chopped fresh ingredients.

Add dressing and seasonings to vegetables and gently toss.

Serve chilled.

CCP: Hold salsa for cold service at 41°F or below.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	84.84		
Fat	0.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	176.62mg		
Carbohydrates	17.10g		
Fiber	3.34g		
Sugar	2.46g		
Protein	4.25g		
Vitamin A	14.66IU	Vitamin C	3.19mg
Calcium	43.19mg	Iron	0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello w/ Peaches

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	2 #10 CAN		110700
GELATIN MIX ORNG 12-24Z GCHC	2 Package		524638

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	74.68
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.47mg
Carbohydrates	17.55g
Fiber	1.03g
Sugar	16.51g
Protein	0.18g
Vitamin A 0.00IU	Vitamin C 2.70mg
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

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31433
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE
19: 3/4 qt of water for each 1 lb of dry beans. Add

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	1198.40		
Fat	12.84g		
SaturatedFat	4.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4708.00mg		
Carbohydrates	196.88g		
Fiber	77.04g		
Sugar	0.00g		
Protein	77.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.00mg	Iron	17.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries and Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34935
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY IQF 6-5 COMM	1/4 Cup		128272
BLUEBERRIES FZ WILD IQF 30 COMM	1/4 Cup		764740

Preparation Instructions

thaw and combined

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	10.00g
Fiber	2.50g
Sugar	5.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 3/11 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB 24-4Z BTRBUDS	1 1/7 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER 19Z TRDE	2 3/11 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 3/11 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	2 3/11 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 135

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	26.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.24mg		
Carbohydrates	4.80g		
Fiber	2.35g		
Sugar	1.17g		
Protein	1.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.01mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Harvest Fries

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	6 1/4 Pound		273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	12 1/2 Pound		547115

Preparation Instructions

1. Spread an even mix of both fries on sheet pans.
2. Bake in a 350 degree oven for 9-13 minutes or until the temperature reaches 135 degrees.
3. Store in hot boxes until service.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	313.33
Fat	14.67g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	500.00mg
Carbohydrates	43.33g
Fiber	3.33g
Sugar	6.00g
Protein	3.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.67mg	Iron 1.29mg

*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:	50.00	Category:	Entree
Serving Size:	5.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34453

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	250 Each	Bake in convection Oven 8-10 minutes at 350 degrees on breaded, fried, light coloring setting for rational from frozen. Cook till temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 5 Nuggets	558040

Preparation Instructions

Bake in convection Oven

8-10 minutes at 350 degrees on breaded, fried, light coloring setting for rational from frozen.

Cook till temp reaches 135 for 15 seconds.

Batch cook item and put

in 4 inch shotgun pan for serving.

5 Nuggets

HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Piece

Amount Per Serving

Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	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

Turkey, Ham and Cheese Lunch Kit

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35079
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	50 Each		588400

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	720.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 200.00mg	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

Strawberry Cup

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35078
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	50 Each		655010

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll

Servings:	50.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31418
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	50 Each	READY_TO_EAT	4372

Preparation Instructions

Wash hands

Put on gloves.

Place dinner rolls, in a 4 inch pan.

Top with cover and tongs

Serve immediately.

2 per serving

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.25mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	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

Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	4.30 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32815
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.30 Package

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	13.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32813
School:			

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34467
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 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.	327080
BUN HAMB WHT WHE 4" 10-12CT ALPH	50 Each		248151

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on service line

50 servings 1 each

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00
Fat	15.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	645.00mg
Carbohydrates	41.50g
Fiber	5.50g
Sugar	4.00g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.02mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34470
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	14 Pound	2 #10 cans	120530
ONION DCD 1/4 2-5 RSS	1 1/2 Pound		198307
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
MUSTARD YELLOW 4-1GAL BRICK	5 1/4 Fluid Ounce		807651
SUGAR BROWN MED 25 GCHC	2 Pound		108626
SUGAR BEET GRANUL 50 GCHC	1 Pound		224413
TOMATO PASTE FCY 6-10 REDPK	10 Ounce		221851
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	2 1/2 Pound	1/2 #10 can	189979
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 1/3 Tablespoon	2 TB 1 TSP	430795
SMOKE LIQUID 1-QT GCHC	2 Tablespoon		242152
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SPICE ALLSPICE GRND 16Z TRDE	1 Teaspoon		513601

Preparation Instructions

Instructions

Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.

Pour 1 gallon (9 pounds 7 ounces) baked beans into a steam table pan (12 x 20 x 2½). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake:

Conventional oven: 375° F for 20-25 minutes.

Convection oven: 350° F for 15 minutes.

Portion with 4 fluid ounces slotted spoodle (½ cup).

Recipe Notes

CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 140° F or higher.

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans.

Yield 50 servings

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	299.74
Fat	1.15g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	198.33mg
Carbohydrates	64.33g
Fiber	6.27g
Sugar	37.88g
Protein	5.68g
Vitamin A 0.03IU	Vitamin C 0.01mg
Calcium 5.12mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries

Servings:	23.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32839
School:			

Ingredients

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

Preparation Instructions

- Do not over crowd pan or potatoes will not crisp.
- Batch cook, leaving in warming cabinet too long will cause sogginess.
- Do not cover in pans because product will become soggy.
- Serve with gloved hand.

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	41.74		
Fat	1.74g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.96mg		
Carbohydrates	5.91g		
Fiber	0.35g		
Sugar	0.00g		
Protein	0.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	36.81		
Fat	1.53g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.13mg		
Carbohydrates	5.21g		
Fiber	0.31g		
Sugar	0.00g		
Protein	0.31g		
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

Fresh Orange

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32812
School:			

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Piece

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SUGAR CANE GRANUL 25 GCHC	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587
DRESSING POPPYSEED 4-1GAL PMLL	3 Quart		850942

Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Combined vinegar and sugar to dissolve.
3. Add sugar/vinegar to dressing and mix well.
4. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	125.95		
Fat	8.70g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	13.16g		
Fiber	0.19g		
Sugar	11.56g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	12.04mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pull Apart Cheese Bread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35082
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW 72-3.8Z	50 Each		809062

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	520.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	5.00g
Protein	14.00g

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

Calcium 340.00mg **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

Peach Cup

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35084
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peach Cups 96-4.4Z	50 Each		100241

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Pears

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35086
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	25 Cup		110690

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta w/ Meat Sauce

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34477
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	35 Pound		110520
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	10 Pound		610790
SAUCE TOMATO 6-10 HNZ	2 #10 CAN		376182
SAUCE SPAGHETTI FCY 6-10 REDPK	9 #10 CAN		852759
TOMATO PASTE FCY 6-10 REDPK	1 #10 CAN		221851
JUICE TOMATO 100 FRSH 12-46FLZ HV	1 #5 CAN		732790
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
SPICE BASIL GRND 12Z TRDE	3/4 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1/4 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	4 1/3 Tablespoon		231517
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	12 1/2 Pound		229951
Water	15 Gallon		Water

Preparation Instructions

instructions

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVER COOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce.

Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.

Portion with 8 oz ladle (1 cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, 38 cup of red/orange vegetable, and 1 oz grain equivalent

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.08
Fat	13.21g
SaturatedFat	4.25g
Trans Fat	2.10g
Cholesterol	54.66mg
Sodium	1116.44mg
Carbohydrates	38.90g
Fiber	7.71g
Sugar	13.42g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.12mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31735
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	1 Cup	BAKE	285620
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	40.33		
Fat	0.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	9.00g		
Fiber	0.33g		
Sugar	1.67g		
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

Rosy Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34674
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 1/2 Ounce		271497
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Teaspoon		318518

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	454.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.00mg
Carbohydrates	117.40g
Fiber	18.00g
Sugar	81.00g
Protein	0.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	168.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32834
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARLIC 168CT NY 10081	168 Each		616500

Preparation Instructions

BAKING INSTRUCTIONS: REMOVE BREADSTICKS FROM BAG. PLACE FLAT ON COOKING SURFACE. ALWAYS SERVE WARM. CONVENTIONAL OR TOASTER OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE BREADSTICKS FLAT ON BAKING SHEET/ALUMINUM FOIL. BAKE FOUR MINUTES OR UNTIL GOLDEN BROWN.

HOLD AT 135F. SERVE WARM WITH TONGS.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	15.00g		
Fiber	0.50g		
Sugar	1.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone Three Cheese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35088
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	50 Each		658591

Preparation Instructions

Directions:

Wash hands.

1. Thaw under refrigeration.
2. Spray with non-stick cooking spray before baking for a softer crust.
3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

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

Nutrition - Per 100g

Calories	881.85
Fat	17.64g
SaturatedFat	7.05g
Trans Fat	0.00g
Cholesterol	35.27mg
Sodium	1516.78mg
Carbohydrates	116.40g
Fiber	14.11g
Sugar	14.11g
Protein	67.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1446.23mg	Iron 9.52mg

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

Steamed Broccoli

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32847
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	12 1/2 Cup		549292
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon		565148
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: * Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	58.00
Fat	3.52g
SaturatedFat	1.44g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	57.20mg
Carbohydrates	5.96g
Fiber	3.00g
Sugar	1.00g
Protein	3.00g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	51.15
Fat	3.10g
SaturatedFat	1.27g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	50.44mg
Carbohydrates	5.26g
Fiber	2.65g
Sugar	0.88g
Protein	2.65g
Vitamin A 211.64IU	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

Fruit Smoothie w/ Bagel

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34509
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF PRO 4-6 DANN	50 Cup		673261
STRAWBERRY WHL IQF 4-5 GCHC	38 Cup		244630
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
BAGEL WHT WGRAIN IW 72-2Z LENDER	50 Each		217911
CHEESE CREAM LT CUP 100-1Z P/L	50 Each		549762

Preparation Instructions

Smoothie:

1. Remove ingredients from refrigerator.
2. Place yogurt and fruit (25 cup strawberry) in blender. Blend until smooth.
3. Place ingredients in a 9oz cup (GFS# - 792220) Lid (GFS# - 792201)
4. Return items to refrigerator top with remaining strawberry before serving.
5. Serve item with Bagel.

HACCP=1

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	306.70		
Fat	5.70g		
SaturatedFat	3.55g		
Trans Fat	0.00g		
Cholesterol	15.75mg		
Sodium	271.43mg		
Carbohydrates	55.11g		
Fiber	7.83g		
Sugar	20.57g		
Protein	10.41g		
Vitamin A	337.76IU	Vitamin C	5.14mg
Calcium	116.34mg	Iron	2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31419
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0°F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni & Cheese

Servings:	50.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34200
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 Gallon		000001WTR
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 1/4 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261
SPICE MUSTARD DRY 1 COLMANS	1 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Add cheese and spices
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 50 servings: about 2 gallons

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving	
Calories	310.86
Fat	15.36g
SaturatedFat	9.54g
Trans Fat	0.00g
Cholesterol	42.40mg
Sodium	848.02mg
Carbohydrates	27.69g
Fiber	2.08g
Sugar	1.56g
Protein	14.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 448.32mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/ Cheese

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32770
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	10 2/7 Pound		110473
SAUCE MIX CHS INST 8-32Z TRIO	2/7 Package		290319
Tap Water for Recipes	2/7 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	6/7 Tablespoon		748590
SPICE PEPR BLK REST GRIND 16Z TRDE	6/7 Teaspoon		225061

Preparation Instructions

Place 12# of broccoli into each of 3 well sprayed pans.

Steam for 15 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add salt and pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.11		
Fat	0.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	267.37mg		
Carbohydrates	9.02g		
Fiber	3.04g		
Sugar	1.89g		
Protein	3.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	3 #10 CAN		100313
MARGARINE SLD 30-1 GCHC	9 Tablespoon		733061
DRESSING MIX RNCH 18-3.2Z GCHC	9 Tablespoon		766130

Preparation Instructions

In steam pan dump 3 cans of corn. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen corn. Frozen corn can go in kettle and heat also. For frozen corn use 1/4 lb for each pan.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.56		
Fat	2.45g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	202.42mg		
Carbohydrates	16.17g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34310
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 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. 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	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND 16Z	25 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit

1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	312.48
Fat	15.80g
SaturatedFat	9.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	694.89mg
Carbohydrates	30.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.33mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34757
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN 3.06Z 30 PRCE	150 Each		546561
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	50 Each	Arrange frozen waffles in a single layer on a sheet pan. Bake uncovered in a preheated convection oven at 350 degrees F using low fan speed for 4-6 minutes. Bake uncovered in a preheated conventional oven at 400 degrees F for 8-10 minutes.	671751
SYRUP PANCK CUP 200- 1.5Z GCHC	50 Each		160090

Preparation Instructions

Prepare Chicken and Waffles according to directions. Offer 1 waffle, 3 strips chicken and 1 syrup.

3 Chicken strips = 2 m/ma and 1 grain

Waffle = 1 WG

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	435.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	595.00mg		
Carbohydrates	60.50g		
Fiber	4.50g		
Sugar	25.50g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	78.00mg
Calcium	40.00mg	Iron	2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower Bites

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31768
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
CAULIFLOWER IQF 30 GCHC	25 Cup		285600

Preparation Instructions

1. Preheat oven to 450 F. Lightly spray a large non-stick baking sheet tray with oil.
2. Combine the water, flour, and garlic powder in a bowl and whisk until well combined.
3. Coat the Cauliflower pieces with the flour mixture and spread evenly on the baking sheet(s). Bake for 20 minutes. CCP: Cook to internal temperature of 135 F or higher.
4. Pour the hot sauce over the baked cauliflower and continue baking for an additional 5 minutes.
5. Serve warm and crispy day of.
6. Leftovers may be stored in cooler and served cold or reheated next day.

**Allergens: Wheat

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	9.50g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Drumstick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34779
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	50 Piece		603391
SAUCE BBQ 6-80FLZ SWTBRAY	6 1/4 Cup		212071

Preparation Instructions

BAKE

Preheat oven to 350°F.

From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release

Heat for 15-20 minutes

Gently dip the legs in the barbecue sauce or use brush the mixture onto the legs. Shake off excess.

Place chicken legs on a parchment line baking sheet and bake additional 10/15 minutes or until cooked through. Baking time will vary.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	820.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	16.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34780
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	3 7/10 Pound		293148
DRESSING POPPYSEED 4-1GAL PMLL	3/16 Gallon		850942

Preparation Instructions

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

**Allergens: Egg

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.18		
Fat	4.37g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.92mg		
Carbohydrates	7.32g		
Fiber	0.79g		
Sugar	6.04g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.43mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Banana Split topped w/Berries served w/Granola

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34508
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup		811500
BLUEBERRY IQF 4-5 GCHC	12 1/2 Cup		166720
STRAWBERRY WHL IQF 4-5 GCHC	12 1/2 Cup		244630
Rockin'ola Pro granola	50 Ounce		4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.69
Fat	5.28g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.63mg
Carbohydrates	60.38g
Fiber	5.72g
Sugar	34.00g
Protein	10.88g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 145.45mg	Iron 7.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Slice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35031
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	25 Slice		814301
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	25 Slice		667772

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. NOTE: 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.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	530.00mg
Carbohydrates	34.50g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 385.50mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31421
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open cans, strain liquid and pour all ingredients into steam table pan.
2. Heat through. 212 degrees F, 100% moisture, 15 minutes.
3. Top with Butter, Pepper, Onion Powder
4. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1/2 cup

Amount Per Serving

Calories	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.63mg		
Carbohydrates	3.10g		
Fiber	2.07g		
Sugar	1.03g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Spice Baked Apples

Servings:	50.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35033
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 1/2 #10 CAN	Do NOT drain	117773
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	To make 1 lb. of butter sauce: add 2 oz (1/2 pkt) to 2 cups of warm water and stir.	209810
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1/2 Tablespoon		224944

Preparation Instructions

1. Pour apple cans into full steam-table pans.
2. Prepare butter sauce as directed.
3. Mix ground cinnamon and nutmeg into butter bud sauce.
4. Pour mixture over the apples, evenly divided, into each of the steam-table pans.
5. Bake at 350 F for ~30 minutes, or until warm and water mostly evaporated.

**Allergens: Milk

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.04
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.55mg
Carbohydrates	14.44g
Fiber	2.38g
Sugar	10.69g
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

Chicken & Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34781
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	32 Teaspoon		130869
PASTA NOODL KLUSKI 1/8 2-5 GCHC	2 1/2 Pound		270385
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
CARROT MATCHSTICK SHRED 2-3 RSS	2 Cup	(2 cups)	198161
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup	(4 oz weight)	299405
FLOUR A/P PASTRY 2-25 KING	3/4 Cup	(4 oz weight)	260231
MILK PWD INST FF 50 P/L	3/4 Cup	Mix 3/4 cup of non-fat milk to 3 1/2 cups of water	113336
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/2 Teaspoon		225037
Chicken, diced, cooked, frozen	102 Ounce	(1 1/4 gal or 6 lb 6 oz weight)	100101

Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots. Boil, uncovered for 6 minutes. DO NOT DRAIN!
2. Melt butter. Add flour and stir until smooth.
3. Add flour mixture, milk, pepper, and diced chicken to noodles. Stir gently to combine.
4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes.
5. Pour into serving pans. Hold for 30 minutes on a 180-190 degree F steamtable to allow sufficient time for mixture to set up properly.
6. Portion with 8 ounce spoodle (1 cup).

CCP: Heat to 165 degrees F or higher for at least 15 seconds.

CCP: Hold for hot service at 135 degrees F or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	203.61		
Fat	5.15g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	69.20mg		
Sodium	151.82mg		
Carbohydrates	20.49g		
Fiber	1.07g		
Sugar	2.68g		
Protein	16.82g		
Vitamin A	856.40IU	Vitamin C	0.43mg
Calcium	33.79mg	Iron	0.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35061
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	200 Piece	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.	283951

Preparation Instructions

- Cook chicken tenders according to directions:
Convection Oven 6-8 minutes at 375°F from frozen.
CCP: Hold hot at 135 F or higher
- Serve with cornbread

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	346.67
Fat	20.00g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	520.00mg
Carbohydrates	21.33g
Fiber	4.00g
Sugar	1.33g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	Iron 2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35062
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	200 Each		281731

Preparation Instructions

1. Cook chicken tenders according to directions:
Convection Oven 6-8 minutes at 375°F from frozen.
CCP: Hold hot at 135 F or higher
2 serve with cornbread

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 4.00 Piece

Amount Per Serving

Calories	346.67		
Fat	20.00g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	520.00mg		
Carbohydrates	22.67g		
Fiber	4.00g		
Sugar	1.33g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Green Bean Stir Fry

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	9 3/8 Pound	10 LBS	467802
SAUCE CLASSIC STIR FRY 4-.5GAL ASIAN	3 1/8 Cup		202230
BEAN GRN 6-10 COMM	12 1/2 Pound		110730

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	378.11		
Fat	15.00g		
SaturatedFat	3.50g		
Trans Fat	1.00g		
Cholesterol	165.03mg		
Sodium	650.91mg		
Carbohydrates	7.01g		
Fiber	0.00g		
Sugar	5.01g		
Protein	39.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Shredded Chicken Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31406
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior to cooking.	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen: Place frozen chicken in 6" steam table pan and cook for 20-30 minutes or until the internal temperature reaches 165 degrees for 15 seconds or longer. 3oz serving 1oz per tortilla use #30 scoop	467802

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	494.40
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	495.66mg
Carbohydrates	75.88g
Fiber	6.72g
Sugar	0.72g
Protein	25.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5.00mg	Iron 1.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Beef Tacos

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31741
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	125 Ounce		722330
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	1= 1G	882690
CHEESE CHED MLD SHRD 4-5 LOL	6 1/2 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 1/2 Cup		451730

Preparation Instructions

1. Heat beef according to the manufacturer's directions.
2. Warm tortillas.
3. To serve, fill each tortilla with 1.5 oz taco meat.

**Allergens: Milk, Wheat, Soy

serve 2 per student

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	236.45
Fat	11.47g
SaturatedFat	6.54g
Trans Fat	0.23g
Cholesterol	42.41mg
Sodium	407.00mg
Carbohydrates	19.47g
Fiber	3.58g
Sugar	2.58g
Protein	15.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 167.00mg	Iron 2.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32805
School:			

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31443
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT 8/ 6 2-5 BALLP	100 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Microwave heat for 30-60 seconds. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place a single layer of hot dogs in a steam table pan.	245370
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each	Thaw	564053
Shredded Cheddar Cheese	50 Ounce	Portion into 1 oz servings	100003
CHILI CINCINNATI STYLE 6-5 COMM	100 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT	343990

Preparation Instructions

Portion 1 hot dog on a bun and top with 1 oz chili and 0.5 oz cheese.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.52
Fat	25.33g
SaturatedFat	10.08g
Trans Fat	0.17g
Cholesterol	69.68mg
Sodium	802.80mg
Carbohydrates	27.08g
Fiber	5.23g
Sugar	3.18g
Protein	16.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.17mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza

Servings:	59.50	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34231
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	59 1/2 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

Preparation Instructions

CONVECTION OVEN: 375F FOR 18-20 MINUTES.

Serve in 2# boat.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 59.50

Serving Size: 1.00 Each

Amount Per Serving

Calories	214.00
Fat	7.90g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	11.00mg
Sodium	307.10mg
Carbohydrates	23.00g
Fiber	2.10g
Sugar	6.00g
Protein	12.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.60mg	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
