

Cookbook for Warren Elementary

Created by HPS Menu Planner

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STOH Chef Salad - Elementary

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

Breakfast Sandwich - Elem

STOH Chef Salad - Elementary (salad only)

Sunshine Blenderless Smoothie Bowl

Hummus Plate

Granola Yogurt Banana Pops

Peaches & Cream Overnight Oats

Ham and Cheese Slider

Warm Cinnamon Roll

BBQ Pulled Pork Sandwich on WG Bun

Spaghetti with Rotini Noodle and WG Roll

Chicken Caesar Wrap

Highland Sliders

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 eaches

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

Serving size is 6 pieces.

CN labeled

Case Yield = 40 servings

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

STOH Chef Salad - Middle School

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

Ingredients

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

Preparation Instructions

For salad prep

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

3. Wash cherry tomatoes

3. Top with 6-8 cherry tomatoes

For grilled chicken prep

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

2. Cut chicken into bite size pieces

3. Place on top of salad bed

If desired - Sprinkle Parmesan cheese on top of salad

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

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Nutrition - Per 100g

No 100g Conversion Available

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

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

Ingredients

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

Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

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

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

3. Serve with ketchup, mustard, pickle relish

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

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

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Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Milk, Variety

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.800
Grain	0.400
Fruit	0.200
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Asst Fresh Fruit (Banana)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	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

Steamed Green Beans

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	8.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Nachos Supreme

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.262
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.065
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Walking MTG

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

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

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

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

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

2. Crush individual bags of chips and open.

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

4. Serve.

Child Nutrition: 1 Each provides=

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.016
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.035
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

WG Garlic Toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

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

Dinner Roll - WG

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots, Fresh baby

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 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

Tomatoes, Cherry

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Smackers with WG roll

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

Ingredients

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

Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

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

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

SERVING SIZE = 10 PCS

SERVE/OFFER- WG DINNER ROLL OR WG BREAD

CASE YIELD= 108 SERVINGS

CN LABELED

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 10.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potato

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

Ingredients

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

Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Steamed

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

Ingredients

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

Preparation Instructions

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

Spray with virgin oil and sprinkle with seasoning salt.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	4.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	133.33**
Fat	0.00g**
SaturatedFat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	80.00mg**
Carbohydrates	26.67g**
Fiber	16.00g**
Sugar	5.33g**
Protein	16.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 186.67mg**	Iron 5.33mg**

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	1.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drummie & WG Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Applesauce

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal and Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart and Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cereal and String Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes and Sausage Links

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SAUSAGE LNK CKD SKNLS 1Z 10 JDF	2 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	734969
SYRUP PANCK MAPL 2 4-1GAL GCHC	1 Fluid Ounce		232068

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	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.	558061
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422

Preparation Instructions

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

Offer condiments.

Case yield = 150 servings

CN labeled

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders and Wheat Bread Slice

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

Ingredients

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

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

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

Basic Preparation

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

SERVING SIZE - 3 TENDERS AND ONE WG BREAD SLICE

Serve with one slice WG bread.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Hamburger on Bun

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

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

Drain and dispose of liquid.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini & Garlic Bread (Pasta Day)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken (Spicy and Regular) and Wheat Bread

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
School White Wheat Sandwich Bread	1 Slice		12385

Preparation Instructions

Wash hands and put on gloves.

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

Serving size = 12 pieces

Case yield = 144 servings

CN labeled

Meal Components (SLE)

Amount Per Serving

Meat	0.560
Grain	1.280
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Granola Bar Meal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Cereal and Muffin Meal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal & Poptart Meal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cereal & Granola Bar Meal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart and Cheese Stick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Biscuits & Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUSAGE FZ WHITE 6-5 OWENS	2 Ounce		511781
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	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, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

Wash hand and put on gloves.

BISCUITS

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

GRAVY

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

Gravy is ladled over split biscuit.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Popcorn Chicken and Wheat Bread

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. UNPREPARED	327130
School White Wheat Sandwich Bread	1 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli & Garlic Toast

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Smackers (10pc) and Roll

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

Ingredients

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

Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

SERVING SIZE IS 10 NUGGETS AND 1 ROLL

1 CASE = 105 SERVINGS

6-5# BAGS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

Each case of grilled chicken patties yields 60 servings

F/C

CN labeled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets and WG Bread

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Beef Taco

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

Ingredients

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

Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

Thawing Instructions for Taco Meat

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

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

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.520
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.797
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Lunch

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	8.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Turkey Deli Sandwich Meal

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

Ingredients

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

Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham and/or turkey as needed

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

Meal Components (SLE)

Amount Per Serving

Meat	2.054
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.042
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Romaine Salad Mix

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.294
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.420
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Bosco and Dip

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.330
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun - STOH

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

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

Drain and dispose of liquid.

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

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Firehouse Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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
CHEESE PEPR JK SLCD 6-1.5	1 Slice		777587

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart and Elf Grahams

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Croissant

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

SPICY CHICKEN SANDWICH

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 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
Hamburger Bun 4in - Wheat	1 Each		51070
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings and WG Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bagel and Cream Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart and Elf Grahams

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ RIB SANDWICH

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ CHICKEN SANDWICH

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla

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

Ingredients

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

Preparation Instructions

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

One (1) per serving

Offer: Salsa and/or sour cream

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wild Mike's Deep Dish Personal Pan Cheese Pizza

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

Ingredients

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

Preparation Instructions

80 servings per case.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	17.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
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

Stuffed Crust Pizza

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

Hot hold until service.

Serve with condiments.

Serving Size = 1 each

Case Yield = 72

CN Labeled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

Serving Size = 1 sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Steak & Dinner Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco and Marinara

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11617
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>WASH HANDS AND PUT ON GLOVES</p> <p>Line racks/trays with paper. Arrange uncooked Boscos in 4 rows of ten (40 per rack).</p> <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.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>235411</p> <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> <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.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	353.90
Fat	11.20g
SaturatedFat	5.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	679.70mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	8.00g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Smackers and WG Bread Slice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
School White Wheat Sandwich Bread	1 Slice	READY_TO_EAT	12385

Preparation Instructions

Wash hand and put on gloves.

Pan nuggets on papered racks or tray.

BAKE

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

Hot hold until Service.

CN labeled

Serving size is 10 Smackers

Offer with one slice bread

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potato Soup

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

Ingredients

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

Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk 2 TBSP garlic Powder

2 TBSP white pepper 2 cups dried onion

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

All 6oz spoodle

Meal Components (SLE)

Amount Per Serving

Meat	1.124
Grain	0.220
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.094

Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Calzone

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

Ingredients

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

Preparation Instructions

Allow to thaw prior to cooking.

Wash hands and put on gloves.

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

Hot hold until service.

Each case contains 80 servings.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Steamed Broccoli with Cheese

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	6.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Breadsticks

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

Ingredients

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

Preparation Instructions

CN Labeled

Case: 192

Yield: 96 portions

Serving Size: 2 each

Each serving credits for 2 m/ma and 2 grains

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.031
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Deli Sandwich Meal

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

Ingredients

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

Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham as needed.

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

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.042
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Glazed Whole Grain French Toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

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

Ingredients

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

Preparation Instructions

Wash Hands and put on gloves.

IT IS RECOMMENDED THAT PRODUCT IS THAWED PRIOR TO COOKING

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

CN LABELED

EACH BURRITO CREDITS AS 1 M/MA AND 1 GRAIN

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.002
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 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, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
GRAVY SAUSAGE FZ WHITE 6-5 OWENS	3 Ounce		511781

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Wrap

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

Ingredients

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

Preparation Instructions

DEEP FRYING NO RECOMMENDED.

PREFERRED METHOD FOR COOKING IS THAWED.

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

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

FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING.

HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

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

Serve with syrup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Mini Maple Pancakes

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Calcium 40.50mg **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

Breakfast Pizza

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving

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

Chicken Noodle Soup

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

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

Offer with saltine crackers.

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

Meal Components (SLE)

Amount Per Serving

Meat	1.333
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Chicken Parmesan Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	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.	558061
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

Wash hands and put on gloves.

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.917
Grain	0.833
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	3.107

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

STOH Chef Salad - Elementary

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

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

Meal Components (SLE)

Amount Per Serving

Meat	1.320
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.506
OtherVeg	0.003
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets (5pc) and Roll

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

Ingredients

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

Preparation Instructions

Wash Hands and put on gloves.

Serving size is 5 nuggets and 1 roll

CN labeled

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

Bake nuggets according to directions.

Thaw rolls if frozen or serve fresh (preferred)

Offer with one WG roll

Offer condiments

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

Ingredients

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

Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

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

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

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

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

Updated January 2016

Meal Components (SLE)

Amount Per Serving

Meat	3.343
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich - Elem

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	Cook egg patties according to package directions. Place one egg patty on biscuit	592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	Place one slice cheese on top of egg paty	150260

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

STOH Chef Salad - Elementary (salad only)

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

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

Meal Components (SLE)

Amount Per Serving

Meat	1.320
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.506
OtherVeg	0.003
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Blenderless Smoothie Bowl

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	1.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hummus Plate

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

Wash carrots and pat dry. Measure out 4 ounces

Arrange pita, hummus and veggies in container

Cover and refrigerate until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Granola Yogurt Banana Pops

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves.

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

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

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

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

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

Roll the yogurt covered banana in granola.

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

Hold until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.746
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Peaches & Cream Overnight Oats

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 10.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Ham and Cheese Slider

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

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

Line full sheet pans with parchment papers

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

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

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

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

Cover with top of roll.

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Warm Cinnamon Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork Sandwich on WG Bun

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

Pork should be thawed under refrigeration prior to heating

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

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

Hot hold until service.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Rotini Noodle and WG Roll

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	560 Ounce	Wash hands and put on single use gloves. Keep product frozen until ready to use. Please sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Caution: Open Bag carefully to avoid being burned. Pour spaghetti sauce into full size steam table pans; about 2/3 full, cover and hot hold until service.	573201
PASTA ROTINI 4-5 GCHC	600 Ounce	Use one gallon of water per pound of pasta. When water has reached a boil, add 1 tablespoon of salt per gallon (optional). Add pasta. Stir pasta occasionally to prevent sticking and keep water at a rolling boil. If used in steam tables, reduce cook time by 1/4 of time stated on package directions. When al dente, carefully drain water. Place drained pasta into steam table pans, filling about 3/4 full. Lightly spray with non-stick cooking spray (like Pam) to prevent noodles from sticking, cover with saran and/or foil and hot hold until service.	413360
White Wheat Dinner Rolls	100 Each	During service, portion 6 ounces of noodles by volume onto tray and ladle 5.60 ounces of meat sauce (by weight) , #6 scoop or 2/3 cup over noodles, Offer with WG/wheat dinner roll.	33119

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.60 1.00 serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.332
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available