

Cookbook for Lakeland School Corporation

Created by HPS Menu Planner

Cookbook for Lakeland Intermediate School

Created by HPS Menu Planner

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Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16399
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00		
Fat	18.50g		
SaturatedFat	7.80g		
Trans Fat	0.80g		
Cholesterol	64.00mg		
Sodium	646.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	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

Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37448
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.00
Fat	0.08g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.00mg
Carbohydrates	2.32g
Fiber	1.40g
Sugar	0.52g
Protein	1.28g
Vitamin A 624.00IU	Vitamin C 32.40mg
Calcium 16.00mg	Iron 0.30mg

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

Nutrition - Per 100g

Calories	12.35		
Fat	0.07g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.35mg		
Carbohydrates	2.05g		
Fiber	1.23g		
Sugar	0.46g		
Protein	1.13g		
Vitamin A	550.27IU	Vitamin C	28.57mg
Calcium	14.11mg	Iron	0.26mg

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

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29516
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	285.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	33.75mg		
Sodium	762.50mg		
Carbohydrates	22.25g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.44mg	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

Yogurt Bundle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25855
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	885750
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package	682840

Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

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	270.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	370.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	19.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.00mg	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

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32441
School:	Lakeland Intermediate School		

Ingredients

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

Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Club Fold Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37446

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
DRESSING RNCH HMSTYL 4-1GAL KENS	2 Tablespoon	223158
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	392.68
Fat	21.88g
SaturatedFat	6.74g
Trans Fat	0.00g
Cholesterol	59.61mg
Sodium	948.86mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.00mg	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

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Thawing Instructions

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

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

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: 1.00

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	2 1/2 Ounce	690041
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	245.92
Fat	8.97g
SaturatedFat	2.96g
Trans Fat	0.00g
Cholesterol	54.43mg
Sodium	652.17mg
Carbohydrates	22.56g
Fiber	3.00g
Sugar	5.21g
Protein	18.59g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37445

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053

Preparation Instructions

CHili:

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun. Add 1oz each chili and cheese sauce on request.

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	260.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	385.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	65.00mg	Iron	2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Hawaiian

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37447

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	612464

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

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 Wrap

Amount Per Serving

Calories	303.31
Fat	9.10g
SaturatedFat	2.95g
Trans Fat	0.06g
Cholesterol	36.89mg
Sodium	1188.91mg
Carbohydrates	43.70g
Fiber	3.07g
Sugar	13.27g
Protein	17.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.92mg	Iron 1.73mg

*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:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15105
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound	722330
CHEESE CHED MLD SHRD 4-5 LOL	4 Pound	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690

Preparation Instructions

Taco filling:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. 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.

Assembly: Place 6" tortilla on deli paper. Add 2oz scoop of taco filling and 1oz shredded to tortilla. Fold tortilla and wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.659
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	274.57
Fat	13.61g
SaturatedFat	7.66g
Trans Fat	0.29g
Cholesterol	53.52mg
Sodium	495.10mg
Carbohydrates	20.69g
Fiber	4.02g
Sugar	3.02g
Protein	18.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.83mg	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

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14347
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Shredded Cheddar Cheese	1/2 Ounce	100003
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
SEASONING TACO SLT FR 19.5Z TRDE	1 Teaspoon	605062

Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	227.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	57.00mg
Sodium	236.00mg
Carbohydrates	17.00g
Fiber	2.50g
Sugar	1.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 3/4 Ounce	100121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	196.86		
Fat	4.46g		
SaturatedFat	1.73g		
Trans Fat	0.00g		
Cholesterol	48.43mg		
Sodium	600.25mg		
Carbohydrates	20.73g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25843
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Wrap	882700
DRESSING RNCH 4-1GAL KENS	1 Tablespoon	188662
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	1.500
Fruit	0.000
GreenVeg	0.031
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	439.27
Fat	25.67g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	88.33mg
Sodium	694.29mg
Carbohydrates	33.02g
Fiber	4.06g
Sugar	2.56g
Protein	22.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 254.71mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32991
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	535.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

PB & J w/Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14864
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
Peanut Butter, Smooth	2 Tablespoon	100396

Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	21.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	570.00mg
Carbohydrates	46.00g
Fiber	6.00g
Sugar	17.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	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

Pork Fritter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28406
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16485
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger 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	370.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	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

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

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Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33209
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	2 Ounce	226671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.493
Grain	0.716
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 Each

Amount Per Serving	
Calories	206.83
Fat	1.64g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	167.16mg
Carbohydrates	44.54g
Fiber	2.07g
Sugar	26.44g
Protein	5.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.66mg	Iron 0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nashville Hot Nugs

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37176
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT 4-7.8	10 Each	176764
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.857
Grain	2.929
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: 10.00 Each

Amount Per Serving	
Calories	415.56
Fat	18.83g
SaturatedFat	6.64g
Trans Fat	0.07g
Cholesterol	59.14mg
Sodium	981.20mg
Carbohydrates	38.71g
Fiber	4.03g
Sugar	4.86g
Protein	23.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 2.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch B&G

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37504
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 1/2 Ounce	533034
Biscuit Gravy	3/4 Serving	R-16400
DOUGH BISC STHRN STYL 216-2.25Z RICH	1 Each	133493

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Serving

Amount Per Serving	
Calories	401.49
Fat	25.65g
SaturatedFat	11.56g
Trans Fat	0.09g
Cholesterol	222.88mg
Sodium	1134.73mg
Carbohydrates	31.26g
Fiber	0.50g
Sugar	3.44g
Protein	14.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 107.36mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16182
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

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	350.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	640.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.80mg

*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-16078
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

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	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

PB&J w/ Seeds- Jr-Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16073
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
USDA Commodity Smooth Peanut Butter	2 Tablespoon	100396
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	504180
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822

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	600.00
Fat	33.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	495.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	21.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Fruit, & Flatbread Platter

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16072
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
PAN COAT SPRAY 6-17Z KE	1 Each	112828
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860

Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

Meal Components (SLE)

Amount Per Serving

Meat	2.239
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	417.71
Fat	6.22g
SaturatedFat	1.46g
Trans Fat	0.06g
Cholesterol	5.60mg
Sodium	413.05mg
Carbohydrates	78.20g
Fiber	3.70g
Sugar	41.13g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 229.80mg	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

Chef Salad- Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16066
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce	192198
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Ham, Cubed Frozen	2 Ounce	100188-H
Shredded Cheddar Cheese	1/2 Ounce	100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.692
RedVeg	0.250
OtherVeg	0.692
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.09		
Fat	12.91g		
SaturatedFat	5.16g		
Trans Fat	0.00g		
Cholesterol	106.17mg		
Sodium	907.58mg		
Carbohydrates	40.90g		
Fiber	4.32g		
Sugar	9.99g		
Protein	23.36g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	81.80mg	Iron	4.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37500
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING RNCH HMSTYL 4-1GAL KENS	1 Tablespoon	223158

Preparation Instructions

Mix chicken with sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving	
Calories	470.94
Fat	26.00g
SaturatedFat	11.75g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	862.63mg
Carbohydrates	33.69g
Fiber	4.06g
Sugar	2.56g
Protein	28.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 259.38mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	44.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16142
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 Pound	100101
CHEESE CREAM LOAF 10-3 GCHC	3 Pound	163562
SAUCE HOT 4-1GAL TXPETE	3 Cup	263030
Cheese, Mozzarella, Part Skim, Shredded	6 Cup	100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	6 Cup	100012
CHIP TORTL WHT TRI 5-1.5 KE	88 Ounce	163010
DRESSING RNCH 4-1 GAL KE	3 Cup	631430

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: 44.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	585.86
Fat	35.18g
SaturatedFat	13.82g
Trans Fat	0.00g
Cholesterol	82.91mg
Sodium	744.51mg
Carbohydrates	40.73g
Fiber	4.33g
Sugar	1.09g
Protein	19.82g
Vitamin A 391.49IU	Vitamin C 0.00mg
Calcium 102.57mg	Iron 0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33780
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.600
Grain	2.250
Fruit	0.000
GreenVeg	0.060
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	494.02		
Fat	23.70g		
SaturatedFat	9.74g		
Trans Fat	0.00g		
Cholesterol	106.91mg		
Sodium	1600.29mg		
Carbohydrates	33.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	36.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37503
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Shredded Cheddar Cheese	1/2 Ounce	100003

Preparation Instructions

Dice chicken patty, Place on bed of lettuce. Add other veg and cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	440.77		
Fat	21.60g		
SaturatedFat	5.53g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	747.25mg		
Carbohydrates	40.28g		
Fiber	5.32g		
Sugar	7.02g		
Protein	23.17g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	88.47mg	Iron	5.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bar Ckn

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36578
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	2 Ounce	163010
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117

Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese sauce:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

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	409.05
Fat	16.34g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	69.80mg
Sodium	871.96mg
Carbohydrates	40.57g
Fiber	4.00g
Sugar	2.02g
Protein	21.08g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 190.99mg	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

Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37502
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	100117
CHEESE PARM SHRD FCY 6-2 GLCHS	1 Tablespoon	269400
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT 60-1.5Z KENS	1 Each	195685

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	431.35
Fat	15.22g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	81.18mg
Sodium	1396.07mg
Carbohydrates	42.34g
Fiber	4.32g
Sugar	13.08g
Protein	32.70g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 113.47mg	Iron 4.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37499
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon	435170

Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving

Calories	460.94		
Fat	20.50g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	892.63mg		
Carbohydrates	43.19g		
Fiber	4.06g		
Sugar	11.06g		
Protein	28.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	259.38mg	Iron	3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Thai Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32990
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Ounce	100101
SAUCE CHILI SWEET THAI 6-2LTR ROLN	1 Tablespoon	212176
RICE FRIED VEG WGRAIN 6-5.16 MINH	6 Ounce	676463

Preparation Instructions

Rice:

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken:

Steam Place chicken in steam table pan. Cover with foil

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 2.5 oz chicken and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.034
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	376.58
Fat	4.54g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	42.00mg
Sodium	693.46mg
Carbohydrates	62.42g
Fiber	4.07g
Sugar	9.55g
Protein	18.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.17mg	Iron 0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34432
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each	607351

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	560.00
Fat	28.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	740.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	13.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33571
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	663091
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	355.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	800.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.50mg	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

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33818
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BACON TKY CKD 12-50CT JENNO	1 Ounce	834770
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty. 1 slice bacon, and 1 slice American cheese on hamburger bun.

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	515.00		
Fat	27.00g		
SaturatedFat	10.30g		
Trans Fat	0.80g		
Cholesterol	99.00mg		
Sodium	1326.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	33.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16400

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	4 1/2 Pound	455555
SAUSAGE PURE PORK BULK TUBE 2-5 GFS	5 Pound	456411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.19		
Fat	6.54g		
SaturatedFat	2.28g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	108.58mg		
Carbohydrates	6.69g		
Fiber	0.00g		
Sugar	0.25g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.11mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Thawing Instructions

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

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

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: 1.00

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	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

Wrap - Chicken Buffalo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37501
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING RNCH HMSTYL 4-1GAL KENS	1/2 Tablespoon	223158
SAUCE HOT 4-1GAL TXPETE	2 Teaspoon	263030

Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving

Calories	447.74
Fat	23.25g
SaturatedFat	11.38g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	937.53mg
Carbohydrates	33.44g
Fiber	4.26g
Sugar	2.31g
Protein	28.06g
Vitamin A 39.24IU	Vitamin C 0.00mg
Calcium 259.84mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Drumstick w/ Mac n' Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33186
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	603391
ENTREE MACAR & CHS WGRAIN ELB 6-5	3 Ounce	609131
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

Drumstick:

BAKE

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

From Frozen: 23-27 minutes at 350°F.

From Thawed: 18-22 minutes at 350°F.

For best results:

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release.
3. Cover with foil during the first 12 minutes of cooking, then remove.
4. Heat for 18 - 23 minutes.

Mac n Cheese:

Prepare from frozen state.

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Biscuit:

PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F - 10 TO 15 MINUTES. , BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Serve: 4oz scoop of macaroni, 1 drumstick, 1 biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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	448.50
Fat	22.00g
SaturatedFat	7.45g
Trans Fat	0.00g
Cholesterol	83.00mg
Sodium	1029.50mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.50g
Protein	29.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 212.50mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Fr Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37215
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	2 Each	646262
SYRUP PANCK BKFST 100-1.4FLZ SMUCK	1 Each	425700
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970

Preparation Instructions

No Preparation Instructions available.

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	590.00
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	250.00mg
Sodium	690.00mg
Carbohydrates	81.00g
Fiber	4.00g
Sugar	44.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	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

Nacho Bar Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33190
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	2 Ounce	163010
TACO FILLING BEEF R/SOD 6-5 JTM	2 Ounce	175983
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081

Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese sauce:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

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	410.85
Fat	18.56g
SaturatedFat	5.52g
Trans Fat	0.00g
Cholesterol	51.55mg
Sodium	638.18mg
Carbohydrates	40.57g
Fiber	4.74g
Sugar	0.55g
Protein	18.18g
Vitamin A 517.98IU	Vitamin C 0.00mg
Calcium 203.54mg	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

Arroz con Pollo- Jr./Sr. High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16484
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	569.25
Fat	16.13g
SaturatedFat	7.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	971.21mg
Carbohydrates	74.76g
Fiber	2.10g
Sugar	1.76g
Protein	30.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	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

Orange Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32987
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	501851
SAUCE ORNG GINGR 4-.5GAL ASIAN	1 Tablespoon	802860
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	676463

Preparation Instructions

Rice:
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken nuggets:
BAKE FROM FROZEN: CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cover with sauce.

Serve: 1/2 cup rice and 5 nuggets in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.356
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	413.05
Fat	11.69g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	763.31mg
Carbohydrates	57.61g
Fiber	4.71g
Sugar	9.03g
Protein	19.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.78mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32627
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 Each	237390
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

Biscuit:

BAKE

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Egg patty:

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Sausage patty:

Bake

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Assembly:

Cut biscuit in half, place cheese, egg and sausage on bottom. Place top of biscuit on sandwich.

Serve:

Wrap in foil sheet for grab and go, Serve bulk on serving lines.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.26		
Fat	14.93g		
SaturatedFat	6.52g		
Trans Fat	0.07g		
Cholesterol	132.10mg		
Sodium	598.14mg		
Carbohydrates	23.01g		
Fiber	2.60g		
Sugar	2.01g		
Protein	12.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.58mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo- Jr./Sr. High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16423
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	10 Pound	100101
ENTREE PENNE W/ALFREDO SCE 6-5	30 Pound	491074
ROLL DNNR WGRAIN WHT 1Z 10-12CT	80 Each	266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	446.50
Fat	15.50g
SaturatedFat	7.30g
Trans Fat	0.06g
Cholesterol	79.00mg
Sodium	872.00mg
Carbohydrates	43.00g
Fiber	1.10g
Sugar	10.00g
Protein	31.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 415.00mg	Iron 2.26mg

*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-16485
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger 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	370.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	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

Cookbook for LAKELAND JR HIGH SCHOOL

Created by HPS Menu Planner

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Cookbook for Lakeland Primary

Created by HPS Menu Planner

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BBQ Rib Sandwich

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16399
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00
Fat	18.50g
SaturatedFat	7.80g
Trans Fat	0.80g
Cholesterol	64.00mg
Sodium	646.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.00mg	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

Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37448
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.00
Fat	0.08g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.00mg
Carbohydrates	2.32g
Fiber	1.40g
Sugar	0.52g
Protein	1.28g
Vitamin A 624.00IU	Vitamin C 32.40mg
Calcium 16.00mg	Iron 0.30mg

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

Nutrition - Per 100g

Calories	12.35		
Fat	0.07g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.35mg		
Carbohydrates	2.05g		
Fiber	1.23g		
Sugar	0.46g		
Protein	1.13g		
Vitamin A	550.27IU	Vitamin C	28.57mg
Calcium	14.11mg	Iron	0.26mg

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

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29516
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	285.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	33.75mg		
Sodium	762.50mg		
Carbohydrates	22.25g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.44mg	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

Yogurt Bundle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25855
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	885750
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package	682840

Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

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	270.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	370.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	19.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.00mg	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

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32441
School:	Lakeland Intermediate School		

Ingredients

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

Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Club Fold Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37446

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
DRESSING RNCH HMSTYL 4-1GAL KENS	2 Tablespoon	223158
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	392.68
Fat	21.88g
SaturatedFat	6.74g
Trans Fat	0.00g
Cholesterol	59.61mg
Sodium	948.86mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.00mg	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

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

Thawing Instructions

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

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

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: 1.00

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	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

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	2 1/2 Ounce	690041
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	245.92
Fat	8.97g
SaturatedFat	2.96g
Trans Fat	0.00g
Cholesterol	54.43mg
Sodium	652.17mg
Carbohydrates	22.56g
Fiber	3.00g
Sugar	5.21g
Protein	18.59g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37445

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053

Preparation Instructions

CHili:

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun. Add 1oz each chili and cheese sauce on request.

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	260.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	385.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	65.00mg	Iron	2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Hawaiian

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37447

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	612464

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

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 Wrap

Amount Per Serving

Calories	303.31
Fat	9.10g
SaturatedFat	2.95g
Trans Fat	0.06g
Cholesterol	36.89mg
Sodium	1188.91mg
Carbohydrates	43.70g
Fiber	3.07g
Sugar	13.27g
Protein	17.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.92mg	Iron 1.73mg

*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:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15105
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound	722330
CHEESE CHED MLD SHRD 4-5 LOL	4 Pound	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690

Preparation Instructions

Taco filling:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. 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.

Assembly: Place 6" tortilla on deli paper. Add 2oz scoop of taco filling and 1oz shredded to tortilla. Fold tortilla and wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.659
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	274.57
Fat	13.61g
SaturatedFat	7.66g
Trans Fat	0.29g
Cholesterol	53.52mg
Sodium	495.10mg
Carbohydrates	20.69g
Fiber	4.02g
Sugar	3.02g
Protein	18.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.83mg	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

Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14347
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Shredded Cheddar Cheese	1/2 Ounce	100003
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
SEASONING TACO SLT FR 19.5Z TRDE	1 Teaspoon	605062

Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	227.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	57.00mg
Sodium	236.00mg
Carbohydrates	17.00g
Fiber	2.50g
Sugar	1.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 3/4 Ounce	100121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	196.86		
Fat	4.46g		
SaturatedFat	1.73g		
Trans Fat	0.00g		
Cholesterol	48.43mg		
Sodium	600.25mg		
Carbohydrates	20.73g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25843
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Wrap	882700
DRESSING RNCH 4-1GAL KENS	1 Tablespoon	188662
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	860390
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	1.500
Fruit	0.000
GreenVeg	0.031
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	439.27
Fat	25.67g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	88.33mg
Sodium	694.29mg
Carbohydrates	33.02g
Fiber	4.06g
Sugar	2.56g
Protein	22.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 254.71mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32991
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	535.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	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

PB & J w/Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14864
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
Peanut Butter, Smooth	2 Tablespoon	100396

Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	21.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	570.00mg
Carbohydrates	46.00g
Fiber	6.00g
Sugar	17.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	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

Pork Fritter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28406
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16485
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger 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	370.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	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

Cookbook for PreSchool

Created by HPS Menu Planner

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